

AUTUMN HUBERT

# HERBAL ANTIBIOTICS



*What Everybody Ought to Know About These Powerful Herbal Remedies: Little-Known Ways Beginners Can Use Herbalism and Herbal Medicine for Healing*



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**Written By**

**Autumn Hubert**

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# Introduction

Herbal medicine is the basis of conventional medicine. Though there is no way of legitimately proving it since it's been centuries, there is an overwhelming amount of certainty among experts and laypersons that humans have used plants for medicinal purposes for as long as we have been around. Our history in the treatment of illnesses, infections and injuries is rooted thousands of years ago, a time when we had no choice but to find solutions in what nature provided. As humans were once hunters and gatherers due to circumstances and surroundings, it's a good guess that they used that same methodology for healing purposes. We know that animals had and still have this instinct, finding their way toward plants with medicinal properties when they need to. In fact, it's likely that humans learned this behavior from animals. After all, we are animals ourselves.

There are vast benefits of herbal medicine, some of which include the fact that it is easily accessible and often more affordable. Herbal medicine—known as herbalism—refers to the use of medicinal plants and botany. It is a massive and ancient part of our history, going as far back as prehistoric times until the nineteenth century, when it was discovered that different types of germs cause different types of diseases ranging from simple viral illnesses to septic infections. Prior to this discovery, we used plants to heal what we could. It's around this point in time that the era of antibiotics came around when, a few decades later, penicillin was discovered in Great Britain and mass-produced in America for World War II, making a life-saving medicine accessible worldwide. This, a medication derived from a type of mold called penicillium, marked one of the greatest advances in therapeutic medicine.

However, the knowledge that certain bacteria and fungi can kill or inhibit the growth of certain germs is centuries-old. For example, Ancient Egyptians were known to have applied poultices made of moldy bread to any infected wounds. They may not have known why this worked or the scientific reasons behind it that we do, but they were well ahead of their time in more than one way. Antibiotics were originally all-natural, rather than the liquids and pills in the mainstream now, and they include many common ingredients that almost anyone would be able to recognize.

Before the discovery of penicillin, there was no effective method of treating other diseases such as pneumonia. Until this, hospitals were a place for people who contracted blood poisoning and the like from simple scratches and cuts. There was no way of guaranteeing the treatment of these things since there was no such thing as antibiotics. Therefore, all people could do was to wait and hope that the body's immune system would fight off whatever was ailing it. Naturally, this meant that antibiotics were hailed, and research was done to make more of them, each one designed to treat specific things.

With numerous antibiotics and chemical solutions guaranteed to cure, herbal antibiotics and medicine fell into disuse. One of the problems with this is that our bodies, our immune systems, and certain infections have and are becoming resistant to manmade treatments due to bacteria's ability to adapt and defend against attacks such as antibiotics. Practically everyone has taken antibiotics at one point or another.

They are commonly prescribed and sometimes overprescribed, which can lead to a great deal of concerns. Some concerns include increasing the bacteria's ability to resist antibiotics, side effects such as allergies and gastrointestinal distress, and gut imbalance. All of these can negatively impact health.

This could be cause for panic if one is unfamiliar with herbalism, assuming that antibiotics and modern chemical medicines are better than what nature provides. On the contrary, herbal remedies are a perfectly effective alternative to standard remedies. In fact, they've become more popular lately with the rise in infections that are resistant to man-made products. Many treatments have not been properly tested, but studies are being conducted in developing new medications with natural ingredients. This is because of the rise in drug-resistant bacteria. It's because of this that our knowledge of herbal treatments has increased.

If you are looking to incorporate more herbal remedies into your life, this book is a solid foundation to start with. We will be covering the basics of herbalism, as well as taking a more thorough look at its manmade counterparts to uncover the truth about both forms of medication. They both have a time and a place, so it's best to make sure that you are fully informed about all their benefits to gain the most from either. Read on to find out more.

Please note that you should always consult your doctor before using any herbal remedies, especially if you are or have been treated with prescription medication. Just as conventional medication can cause side-effects, so too can herbal alternatives. More than this, it's possible that they could have harmful interactions with other medications and/or supplements that you take.

Some of what we will be covering in this book includes:

- The difference between manmade and herbal antibiotics.
- The purpose of either in terms of treating ailments, infections, and diseases.
- The truth about conventional antibiotics, their effects, and their types and forms.
- The importance of the body's immune system, how to strengthen it, and why you should.
- Examples of herbal medicines and their effects on the body, as well as how to get the most out of them.
- Any and all side effects about herbal medication that you should be aware of to maintain safety.
- A guide to building your herbal medicine collection to gain the most out of these natural alternatives.
- A list of recommended readings that will help you further your knowledge on the topic of herbalism, introduce you to growing your own herbs, and teach you how to use your newfound knowledge to make your own herbal remedies.

# **Chapter 1:**

## **What Everybody Should Know About Antibiotics**

In this chapter, we are going to be discussing antibiotics in general. Many individuals will start to look toward chemical antibiotics as a form of treatment, but what ends up happening is they don't understand them on a chemical level initially.

The human body is an incredibly complex living organism that we still have yet to discover so much about. What we do understand is that when there is an infection, we can fight it off with different compounds. Let's take a further look at what antibiotics are on a simple level. This is the information that everyone should know about antibiotics—not just those interested in herbal remedies.

### **What is the Purpose of Antibiotics?**





The purpose of antibiotics is simple; they help your body fight off infections. These are powerful drugs often used to effectively treat ailments caused by bacteria, also known as *germs*. Viruses are not included in this list of ailments as antibiotics are ineffective against them. The reason is because unlike most bacteria, viruses are simple rather than complex like other infections. They have different ways of surviving and multiplying. Instead of attacking the body itself, it uses the body's own cells to attack. Antibiotics work to target the attacker and in the case of viral infections, they would be attacking the body itself, meaning they have no specific target and therefore cannot do what they were designed to do. The body's own immune system has to fight the viral infection off. This is why it's recommended that people take the appropriate vitamins and supplements to boost their immune system when suffering from viruses such as the common cold, most of which can be found naturally in fruits and vegetables, nuts, legumes and beans, as well as lean meats. These are commonly known and grouped as superfoods.

As of late, a few types of antibiotics have been rendered ineffective against the bacteria they were once able to rid us of. This is due to the overuse of such medication. When antibiotics were first introduced, it wasn't common knowledge that bacteria could learn and adapt. If it was, we might have been more careful with how frequently we prescribed this miracle drug. As it is, we have to learn from the consequences of our actions and that means health practitioners are being more careful with when and why they prescribe antibiotics now.

Generally, tests are performed by a health practitioner before you are put on a course of antibiotics. These tests determine whether you actually need antibiotics and if you do, which one will work best for what ails you. Sometimes, the body is capable of fighting off what attacks its immune system without the assistance of antibiotics. In such a case, although antibiotics might alleviate symptoms and/or cure the ailment, it would be better to allow the body to recover on its own. This is because antibiotics—like all other drugs—can have potential side-effects. As mentioned before, the body can become resistant to antibiotics, the more we use them. That means that when we truly need them in what could be a potential life or death situation, they may not actually work anymore.

An antibiotic functions by preventing bacteria from completing certain processes by preventing it from multiplying as can happen in various ways, or by killing it. In doing so, they allow the body's natural defenses to fight back. There are different types of antibiotics used to fight different types of bacteria.

## **All You Need to Know About the Usage of Antibiotics**

There is a lot to unpack around antibiotics. Whether it's their ability to resist certain medicines, or the side effects we have, it's essential to understand all that goes into these treatments. The more you know, the easier it will be to determine what does or does not work for you.

### ***Antibiotic Resistance***

In essence, the term 'antibiotic' means "opposing life." This comes from its Greek roots. In this case, they oppose the life of substances, a.k.a, bacteria, that are harmful to us.

In this section, we are going to go over antibiotic resistance more thoroughly. We've established what antibiotic resistance is in a basic form, but what exactly does that mean for the human race? Read on if you want to know why this is so dangerous and why we need to try and beat it before it beats us.

This is what happens if you have antibiotic resistance:

- If the bacterial infection ailing you is resistant to antibiotics, your infection will last longer than usual.
- There might even be complications with the infection. Some infections worsen and spread throughout the body over time. In the case of a respiratory tract infection, it starts in the chest and could eventually reach the lungs, which is dangerous, particularly in those who have a history of breathing, heart, and/or lung problems.
- Since your infection can last longer, there is a great risk of you passing it onto other people, thereby creating a catch twenty-two because the problem of antibiotic resistance is increased. Those people will now need antibiotics, but by contracting your antibiotic-resistant bacteria, they will likely have the same issue. And so, it will continue.

How to avoid passing antibiotic-resistant bacteria on:

- Never take antibiotics when you don't need them.
- Never take antibiotics for viruses such as the cold and flu.
- Always take antibiotics exactly as prescribed and directed, no exceptions.
- Always take care of and practice good hygiene—bacteria have a harder time breeding in a clean environment.

Since you are making a stand in fighting antibiotic resistance, tell your friends and family to do the same. Many people are unaware of this epidemic. It's our job to spread the news; otherwise, no one will ever get better.

### ***Side Effects***

As we now know, the main reason why people are turning away from conventional medicine and toward herbalism and homeopathy instead is because of antibiotic resistance, but how does that happen? There's a chance that antibiotics can kill some of the bacteria attacking our system, but not all of it. That which the antibiotics leave behind can lead to the resistance as they grow and multiply with the new knowledge of how antibiotics work and how to defend against them.

However, there is more to learn about antibiotics than the fact that our bodies and new bacteria can fight them. For instance, antibiotics can have far more side effects, as

often listed in tiny print on the extremely long inserts that come with any box of medication. Some of them can be severe and, in some cases, even fatal.

Some of the common side effects of antibiotics—which generally affect the digestive system—are as follows:

- Antibiotic resistance (but you knew that).
- Diarrhea, which can sometimes be so severe that it is deadly.
- Vomiting and nausea, which is usually mild.
- Bloating, indigestion, and a loss of appetite.
- Allergic reactions which can, again, be deadly.

Most side effects aren't severe. They generally subside once the course of antibiotics has been finished. Other times, the cases can be worse and require immediate medical attention by a professional health practitioner, especially in the case of serious allergic reactions.

## ***Allergic Reactions***



Allergies are often overlooked when it comes to antibiotics for the simple fact that we all generally know our allergies and what to avoid. However, it's important to be aware of the type of allergic reaction and how to respond to it, especially when it comes to children. Ironically, the first antibiotic ever invented happens to be the one that people most commonly have an aversion to—penicillin. Allergic reactions count as one of the

side effects of antibiotics and can come in various degrees, each of which requires its own respective treatment. Some of the common allergic reactions of antibiotics are as follows:

- Rashes, itchy and/or raised. These are known as hives.
- Coughing and wheezing, usually related to a tightness of the throat.
- Breathing difficulties, as above.
- Sensitivity to light, often caused by antibiotics known as tetracycline. It causes skin sensitivity to both sunlight and artificial sources of light. Light should be avoided when taking these so as not to agitate the skin and/or eyes.
- Fluoroquinolones, a rare case of damage and disabling that affects the nervous system, joints, muscles, and tendons. This usually includes an intense pins and needles sensation, particularly in the knees and elbows. It should be treated immediately as there is a chance of permanent damage occurring.
- Anaphylaxis, though rarer, includes shallow breathing, an increased heartbeat, clammy skin, anxiety and/or panic, lightheadedness or faintness which can result in losing consciousness or collapsing.

Of these examples, anaphylaxis is the most dangerous. Most of these are quickly treated with antihistamines (allergy medication), but anaphylaxis can cause the throat to close up to the point of not being able to breathe. It's important to call or go to an emergency room as soon as you realize any of these symptoms.

## ***The Treatment Plan***

Most people don't ask questions when it comes to antibiotics. In fact, most people don't generally ask doctors questions at all, not about the medicines they've been prescribed. When questions are asked, they're generally about the diagnosis.

Some common examples:

- What is wrong? What's the infection?
- What can we do about it? What are the possible treatment plans?
- How long will it take for the infection to go away? How long is the treatment course?

Practically no one ever asks:

- How do you know what the infection is?
- Are there alternative ways of treating it?
- What are the exact directions in terms of taking the medication?
- What are the side-effects?



- Will there be any tests that follow the treatment to ensure that the infection is gone or that there's no chance of it returning?

As previously established, it's important to only use antibiotics when absolutely necessary. Inappropriate use can be harmful to one's health. Too much use can cause the body to grow resistant.

These things should be common knowledge, but for the most part, they aren't. That's why this guide exists. It's here to help you understand the types of things you should look for when it comes to antibiotics, when medicine is actually necessary to use, if there are legitimate working alternatives for the prescribed medication (particularly the natural kind), and what to do once the course has been completed.

Above all else, you should always check with a professional practitioner before replacing medication or opting for alternatives. There is a lot of misinformation regarding medicine, which can lead to serious harm. Certain drugs can only be obtained if they have been prescribed by a professional. In much the same way, certain drugs cannot be replaced and, therefore, if one uses the supposed herbal alternative while under the impression that it can do the same thing prescribed drugs do, they could end up in a dangerous and potentially fatal situation.

Furthermore, when visiting a doctor, never pressure them to give you medication. Let's be honest; no one likes the common cold or the flu. Everyone wants to get rid of their viral infections as quickly as possible. After all, they make us feel terrible, they interfere with our schedules in both work and personal circles, they mess with the way we process thoughts sometimes and that makes us resistant to any tasks we simply have to get done, and they only really go away if we rest and drink fluids.

Unfortunately, most people don't have the luxury to eat chicken soup, drink religiously, and sleep for three to five days. We have responsibilities and as much as we would like—and probably should—we can't shuck those off. This doesn't mean that you should ask your doctor for the easy cure-all. It isn't fair to the practitioner, someone who is trained to help people, and it isn't safe in the long-run. If it can go away on its own, as viral infections and numerous other illnesses usually do, it's best to let it do exactly that. The antibiotics wouldn't do anything anyway; they'd only act as a placebo.

## ***Always Finish Your Course***

It's easy to think, given all of the above, that antibiotics are more harmful than helpful, but that isn't always the case. That's why a professional opinion is almost always necessary. When it comes to appropriately treating infections, especially those that are bacterial, antibiotics are one of the most effective treatments. All that you need to do is use them correctly.

Make sure that you follow the directions you were given. Antibiotics need to be taken for a certain period of time and often at specific times. You might be told to take antibiotics with or without having eaten. You may be given more medication than expected. You may be prescribed an antibiotic in conjunction with another form of medication, be it something for pain or to help clear the sinuses. These directions are

to be followed with care. An example of what could go wrong if the rules are even marginally bent: if you don't take your antibiotics with or after food as directed, the antibiotics may damage your stomach lining and land you in hospital for inflamed walls or a stomach ulcer ten times worse than the bacterial infection you'd been suffering from.

Whenever you are prescribed an antibiotic, you are reminded to finish the full course. You know the drill; we all do. The pharmacist and health practitioner don't say this for fun. This isn't a loose rule. Even if you are feeling better, you need to finish the full course, however many pills, spoonful, or days that equates to. It's an incredibly serious instruction and too many people ignore it, which leads to a vast range of things that can and do go wrong. For example, as mentioned before, when antibiotics don't manage to kill all of the bacteria, what remains can grow and multiply. This not only leads to resistance of the drug, which can result in death, but it can lead to the infection returning stronger than before, meaning another visit to the doctor and another prescription of a drug that the body is now slowly growing immune to.

Another thing to remember is that it is important that you finish your course of antibiotics. It should never be given to someone else for anything. For one thing, there are different types of antibiotics, meaning that taking someone else's antibiotics can lead to adverse side effects and growing even sicker. Medicine has the ability to make people unwell the same way it has the ability to help them get well. The correct treatment needs to be given and that requires the correct tests and a professional's opinion. Don't make someone else's situation worse just because you have some antibiotics you think might work. Furthermore, don't take antibiotics from anyone else.

Never save your antibiotics for another time. First of all, this is wrong for the simple fact that it means you haven't finished the course and although there is a chance that all the bacteria was killed, there is also a chance that you are worsening your current condition. Secondly, you could worsen a future condition by using old antibiotics. There's no guarantee that the antibiotics you've saved will help the next bacterial infection you get. The drug you used for a kidney infection may not be an effective drug for a respiratory infection. Also, even if the infection is the same, you may once again worsen the condition by using old drugs. The infection may be stronger and therefore need a stronger dose, something that tests, and a diagnosis performed by a professional would have told you.

The benefits of antibiotics can often outweigh the risks and side effects, but only when taken correctly and appropriately. They are life-saving drugs otherwise. If ever uncertain, speak to a trained practitioner.

## ***Bacterial vs. Viral***

Since antibiotics don't do anything to viral infections, taking them won't improve the way you are feeling, and nor will they stop the infection from spreading to others if it is contagious. To distinguish between viral and bacterial infections, the easiest and simplest method is almost always going to be to approach a professional. However, there are some viral infections we're so familiar with that they can be easily identifiable.

Some common viral infections:

- The common cold.
- The flu.
- Runny noses sometimes caused by environmental or seasonal changes.
- Sore throats, often leading to throat infections or affected by the season and environment.

That being said, there are some bacterial infections that mimic the symptoms of viral infections, such as:

- Strep throat is a bacterial infection and can therefore be treated by antibiotics even though it can seem like a mere sore throat. This is a common infection that causes pain in the throat, mouth and neck, often including swollen lymph nodes. In rare cases, it can cause complications with the heart and kidney.
- Urinary tract infections can be mistaken for cramps or abdominal pain but are most easily identified by pain and/or a burning sensation when urinating. It's important to get these treated with antibiotics as they can quickly and easily turn into kidney infections, a far more serious and potentially fatal infection. It is a common myth that a urinary tract infection can go away on its own and that it can be treated with herbal remedies. On the contrary, while alternative methods may ease certain symptoms, these infections can only be treated with the proper medication. The reason is because one of the most common causes of the infection is the bacteria known as E. coli, bacteria commonly found in the intestines of both humans and animals. Normally, this bacteria is harmless, but there are some particularly nasty strains that can cause severe cramps, vomiting, and bloody stools. In the case of urinary tract infections, what E. coli does is cling to the urinary tract so that the only thing that can fight it off, as well as stop the spread of harmful bacteria to the kidneys, is the proper type of antibiotic.
- Whooping cough can seem like a mere flu or common cold. It often comes with a congested sinus, including a runny nose and sneezing. It is most recognizable by a specific type of cough that sounds like a 'whoop' and is usually followed by a scratchy intake of breath. This illness is highly contagious and mostly treatable by vaccines, but antibiotics can be used otherwise. The whooping cough is normally a sign of a respiratory tract infection, meaning that the harmful bacteria have spread to the chest and lungs.

Other infections can fall under both categories; viral and/or bacterial. Some of these include sinus infections, ear infections, and bronchitis. At this point, whether or not you get professional treatment is down to the amount of time that the infection in question lasts. Most go away on their own. However, if they last for up to ten days, it's important to see a doctor just to be on the safe side.

## ***Knowing the Active Ingredient***

A large part of knowing about your medicine and what you are putting in your body includes knowing what ingredients do. You don't have to know every single ingredient; the key active ingredients are enough. The label on the medication should let you know what the brand name is, as well as what the active ingredient is. There might even be some antibiotics that have the same active ingredients and/or more active ingredients under different brand names.

There are two types of antibiotics:

- Broad spectrum antibiotics, which are used to treat and affect a wider range of bacteria, such as amoxicillin.
- Narrow spectrum antibiotics, which affect a much smaller range of bacteria while still having their place in medicine, such as the very first antibiotic, penicillin.

Normally, doctors don't need to run tests as they're quite familiar with what bacteria causes what infection. Sometimes, however, the infection needs to be determined via tests for the doctor to know which antibiotic to use. For example, penicillin destroys bacterial cell walls, but you may be better off with an antibiotic that simply affects the actions of the bacterial cell instead. Tests will determine the exact type of bacteria ailing you and will then know what its sensitivity to antibiotics will be.

There are plenty of sources online and in your local library where you can find out more about active ingredients, such as the Consumer Medicine Information (CMI), which is there for consumers to know exactly what they're putting into their bodies. These are excellent resources to use. For one thing, the CMI also states what the side effects of each drug and ingredient are, as well as how they may interact when used in conjunction with other medication. This is also something doctors take in, along with your medical history.

Other information that can be found via the CMI includes helpful information such as what to do if you miss a dose, how to take the antibiotic (if it should or shouldn't be taken alongside food), and the dosage amounts. Please note that these are subject to change. Sometimes the doctor won't prescribe the recommended dosage because the tests they ran told them a different dose was more suitable.

Another reason you should be mindful about the active ingredients is because there are certain things you cannot do while on certain medication. Drinking alcohol is usually fine to do, as long as it is in moderation, but there are a few exceptions. It's important to make yourself aware of what adverse effects certain antibiotics can have if taken with other things.

These antibiotics should never be used in conjunction with drinking alcohol:

- Metronidazole: the brand names include, but are not limited to, Flagyl, Metrogyl, and Metronide. This is commonly used to treat bacterial vaginosis in women who aren't pregnant.



- Tinidazole: the brand names include, but are not limited to, Fasigyn and Simplotan. This is commonly used to treat certain parasitical infections.

Just as there are certain precautions concerning alcohol, pregnancy brings another concern. There are certain antibiotics that shouldn't be taken while pregnant. There are also certain antibiotics that shouldn't be taken while on certain brands of contraceptives, so if you are pregnant or on any other medication, including contraceptives, your doctor needs to know that. Always be transparent with the doctor so that they can make an accurate diagnosis and properly treat you.

Have you ever watched House? Yeah, you don't want to end up like one of his patients. Those situations could have been avoided with plain honesty.

## ***Superbugs***

Superbugs are antibiotic-resistant bacteria. More than that, they are bacteria that are resistant to more than one type of antibiotics. I mentioned above that there are particularly nasty strains of E. coli; such strains have become difficult and sometimes even impossible to treat because of the resistance. So, too, have other strains of bacteria commonly found in hospitals. This is because hospitals are filled with bacteria that constantly evolve under the medical treatment, particularly in those who stay in hospital for extended periods of time or even permanently.

One of the strongest superbugs is the one that causes tuberculosis.

## ***Generic Antibiotics***

Almost all antibiotics have a generic, which works the same way but costs less. Be mindful of these as, unless your doctor or pharmacist recommends them, they may not always do the same thing. Sometimes the generic only comes in mild forms and schedules when something stronger is required to kill off the infection that ails you.

## **The Difference Between Chemically Created Antibiotics and Herbal Antibiotics**

The first and possibly biggest difference between chemically created and herbal antibiotics is the price point. Both are a huge business and although herbal alternatives and supplements are only now beginning to make waves, their gross annual earnings are quickly growing. It helps that herbal medicines are almost always more affordable than pharmaceutical drugs. People turn toward them not only because they're cheaper, but because these days, something perceived as more natural tends to be more appealing to the public. As an added bonus, they often have fewer side effects.

The high costs of conventional medicines tend to be one of the primary reasons that people compromise. If one can get the same benefits from a cheaper herbal alternative, what reason does one have to continue using the prescribed version?

Another difference we have to understand is the regulation of these kinds of antibiotics. Chemically treated might frequently have larger companies that test the products to ensure they are safer to use. Much information we have surrounding herbal antibiotics has to be done on our own. You can go to the doctor to get a prescription for penicillin, but you will less frequently be able to find a medical professional who's easily accessible (especially in emergency situations), and who will provide an herbal remedy. For this reason, you have to remember that you will be the professional, so it's essential that you are conducting your own research and taking everything in an evaluator manner. You can overdose or have negative side effects from chemical antibiotics, but you can damage yourself with a lack of information around herbal remedies. Many accidental results from these kinds of treatments happens because of misdiagnosis, which is why it's helpful to continue to seek out a medical professional for assistance in determining what might be wrong with you.

Around 100,000 people die each year because of toxicities that occur from side effects of a synthetic and chemical drugs. This number is three times as high as those who are killed every year by a drunk driver. When it comes to herbal remedies, the death toll is rare. This doesn't mean that we can automatically conclude that herbal remedies are safer, however. Many individuals can die from not getting properly treated, but then the cause of death would not be associated with the medicine. For example, if you have cancer and choose to treat it only with a blend of essential oils, yet eventually die, the essential oils aren't the cause of death—the cancer is. Still, the lack of proper treatment can lead to demise, therefore making it harder to actually compare the two to each other in terms of safety.

Everything we have to understand about both will be understood on an individual level. What works best for you might be poison for someone else and vice versa. At the end of the day, you have to make an informed decision on your own. We cannot tell you exactly what to do and instead can only provide you with information. Ultimately it is your body and you are an autonomous individual who can make your own decisions. Ensure that you do your absolute best to remain educated while always seeking out as many source materials as possible. Let's take a look at a few more important truths around herbal antibiotics in the next chapter.

## **Chapter 2:**

# **The Truth About Herbal Antibiotics and Herbal Medicine**

The truth about herbal antibiotics and herbal medicine is that we are lacking information in the science world about the subject. It's as simple as that. Whether this is because there isn't as much money to be made with herbal antibiotics or because its associated with religious affiliations that don't have as much scientific evidence to back up their claims, there is a neglect of herbal remedies in our society.

The danger of this is that we could be potentially overlooking a legitimate market that helps with certain ailments. In this section, we are going to dive deep into the limited research that we have been presented already and discuss some common misconceptions that people have around herbal remedies. The importance of this chapter is that we need to consider information that has been presented to us. The most important thing you will ever do for your health is conducting proper research to find legitimate evidence to back up your claims. Even when you are prescribed a medication at the doctor, it is your responsibility to go home and ensure that this is the best possible route for you to take. Of course, medical professionals have much more experience than the common individual, but that does not mean they will be 100% right every time. If that were the case, there would be a lot less problems in the medical world that still require treatment.

Whatever you do at the end of the day, you should be focusing on knowledge and evidence. While feeling and personal preferences based off your religion, location, or history are all important it is scientifically proven information that will help the most. What you'll discover within this chapter is that herbal remedies are lacking that sort of information, not because these methods don't work, but because there's an emphasis put instead on chemically engineered pharmaceuticals.

What you need to remember in this chapter is that it is not about dividing and comparing one versus the other. We're simply going to help you understand the lack of information presented to you to reiterate the importance of you conducting your own research into this topic. This book is a comprehensive list of many herbal remedies that will help you, but at the same time, it's important that you continue your research after you've finished this book.

The medicinal world is vast and can't necessarily be condensed into simply 25,000 words. We can give you the basics and a good understanding to get you started, but at the same time, you have a lot more learning to do to ensure that you take the best possible route for your medicinal use.

## **Why This Information is Important**

You might be wondering why it's so important that we keep talking about different herbal remedies for you to use. In a world where you can go to any convenience store supermarket or pharmacy and pick up medicine that could cure a variety of your ailments, why should we even bother going through all this medical research when somebody else is doing it for us?

There are a few things that you need to understand about the pharmaceutical industry that will help you better recognize the importance of finding an alternative medicine. It's not even necessarily about going toward herbal medicine but, instead, recognizing that there is an issue that exists already within the pharmaceutical world we currently live in.

It's very normalized to simply take a pill when something is wrong. The idea that medicine is a cure all for whatever we're experiencing is a toxic mentality that keeps us trapped in the same cycle of misuse of different drug treatments repeatedly. We live in a world where pharmaceuticals are normalized. You often hear a lot about Big Pharma and how it's this big, scary, dark overlord. Whether or not you agree with the degree of severity of this institution does not matter, there are still a few important factual statistics to recognize.

The first one to understand is that almost 70% of Americans are currently taking a prescription drug. When we talk about prescription drugs, that means something that has been specifically prescribed by a doctor. There are plenty of nonprescription medications, such as acetaminophen or ibuprofen, which are frequently used by many individuals.

That means that seven out of ten people in the world have one prescription drug they use consistently. On top of this, over 50% have two prescription drugs. This means that five out of ten individuals will have multiple prescriptions. One of the most shocking parts of this all is that 20% have at least five prescriptions, though they could have more.

That means two out of five Americans have five or more prescribed drugs to them. What's scary about this is that when you have so many chemicals in your body that could in turn have side effects that the other medicines are treating. It's important to recognize that doctors and those who prescribe the drugs are very knowledgeable about the things that they're doing.

But at the same time, they aren't with you every day of your life. You can only tell them your symptoms. You can only describe the things that you are feeling. You can't have them with you monitoring you on a daily basis to pick up on certain side effects that you don't even recognize in yourself. They are certainly doing the best that they possibly can to properly diagnose you and prescribe you with medicine. However, our biology and our chemical makeup is so sensitive that something could be overlooked, therefore leading us to become overmedicated later on. Again, this is not to scare you, or to divide everybody and create sides. It's simply a reminder that we need to consider that pharmaceuticals aren't necessarily our first option for everything. When we talk about these statistics we have to consider older individuals. If you walked into any elderly person's home who was 75 or older, they are going to have several



medications. As we get older, our bodies simply start to deteriorate and things as simple as blood pressure management will require a medication.

It's not necessarily that individuals are abusing drugs who are older, it's just that there are certain things that will require an actual medicine. Our life expectancy age gets older and older as science continues and improves. Until biology catches up with that, we can use things like pharmaceuticals that help make sure our heart and the rest of our body is functioning properly.

Again, we do have to consider severe medical conditions, such as muscular dystrophy, epilepsy, and serious mental illnesses as well such as bipolar disorder or schizophrenia. These are things that an herbal remedy isn't necessarily going to help manage. Of course, there are plenty of supplements, oils, and pills derived from herbs that can help manage these things. At the same time, we can't overlook the importance of the medicine that has been engineered for these very specific and serious conditions. What would have wiped us out 100 years ago is a very manageable and normal thing now because of the medicine that we have. Consider those individuals who have HIV or AIDS. This is something that might have been a death sentence decades ago, but now it's something easily manageable that you can still live a full, functioning, happy, and long life because of the incredible medications that exist. We aren't going to really get into those more serious health conditions, however. Instead, we want to focus on basic common ailments that we turn to quickly to medicine for. This is things like backaches, headaches, the common cold, or having a flu, or even skin problems like rashes or hair loss. All these things aren't life-threatening, and you will be able to manage on your own. When it comes time for cold and flu season, hospitals fill up with people who believe they are experiencing something more serious and will turn to prescribed medication before trying to fix this ailment on their own.

Many individuals might suffer from back pain or frequent headaches that they might also use medicine for. We're simply providing you with an alternative. The point is not to scare you from one thing and turn you toward the other. It's simply to help you become aware and educated about the things that we're putting into our body.

Another scary statistic is that just in 2013, 329 billion dollars was spent on drugs. If you break that down in the U.S., that could be up to \$1,000, per person. When there's that much money at stake, you know that this is about creating profit, not helping people.

That's what's scary because the people who are making money are also the people who are in charge of research and advertisement. Of course, if somebody is trying to sell you something, they're going to make it look better than all the other alternatives. That's what we have to consider when purchasing medicine. Our society has normalized that the first option to take is to look toward a pill. Instead, we should simply be trying an alternative method and using these medications for serious things that can't be solved with a simple blend of herbal remedies.

Another alarming statistic to consider is that 25% of senior citizens will skip prescribed medications because they don't have the money or because they want to reduce the amount spent on these drugs. Nobody should have to suffer or deal with an ailment

because they don't have the money to do so. When it comes to alternative medicine, this is a much cheaper solution.

You can grow your own herbs, you can harvest your own plants, and you can create your own remedies. You can't say the same thing about other medications, especially those that need to be chemically treated to be processed correctly.

That is why this information is important. Again, at the end of the day, everything is up to you, and none of this information presented is meant to scare or necessarily persuade you from one thought to the other. The only thing that we are representing to you are statistical facts and thoughts that need to be considered, especially when it comes to making serious decisions surrounding your health.

The more informed you have, the better. We can't continue to leave the important research out to other individuals. Just because somebody is certified, educated, and science-oriented does not mean that they know what is best for each individual on a singular level.

In a world where one of the biggest money-making industries in the country is surrounding medicine alone—not even healthcare, but simply pharmaceutical and drugs—we definitely need to seek out an alternative method.

## **Is it a Complete Replacement?**



This begs the question, is herbal medicine a complete replacement to engineered drugs?

That is a heated debate. We're going to give a simple answer of: potentially. Everything that we know about medicine is conducted from trial and error periods. We can't say for certain whether or not what we have already done is the best option, or if we need to 100% completely wipe it out and replace it. What we do know for certain is that more of an emphasis needs to be put on medical research that involves herbal remedies.

The thing is, there is not as much money to be made from cheaper herbal alternatives so there is lacking research around these types of medicines. We can't say that it is a complete replacement, as a whole, for our society in general.

While there are certain deaths caused by medication, we also have to consider the lives that have been saved. How many individuals suffered from a disease or an infection that could have killed them had they not taken the proper medication?

For this reason alone, we can't say that herbal medicine is a complete replacement. Modern medicine certainly has its place as we already discussed in the last section. Diseases such as HIV or AIDS, epilepsy, schizophrenia, and so on, aren't going to be cured by an herbal remedy.

Perhaps one day they will. But at this present moment, we can't say for certain that using a garlic capsule, a few drops of rosemary oil, and some fresh basil leaves is going to stop schizophrenic individuals from having hallucinations or manic episodes. Maybe it works for somebody out there, but in general, we won't be able to know unless we conduct long-term research studies. There are plenty of people who are passionate and dedicated to discovering the positive effects of herbal medicine, but we do still need to put more of an emphasis on that in our society. Modern medicine has its place in severe illnesses. Even think of somebody who has to go under for

surgery. They'll use different anesthetics that helped to ensure there aren't feeling pain while being operated on.

Let's talk one about the opioid crisis. An opioid is a pain medication that helps to regulate what a person might be feeling. Many opioids are prescription medications.

Your body releases endorphins when you feel pain. This is why sometimes you might feel even a moment of pleasure after experiencing pain. Think of how you stub your toe and then afterward, you have that rush that quickly alleviates that feeling of pain. If our bodies didn't do this, we will be suffering throughout the entire experience, unable to bring our focus to what's important.

Opioids help release those endorphins to make sure that your body is able to relieve pain. The thing about opioids is that they are highly addictive. Popular types of opioids are things like Percocet or oxycontin. Vicodin is also another well-known opioid. Codeine and fentanyl are also prescribed drugs. These are often given to patients who are experiencing severe pain. Whether you have an infected tooth that is causing extreme pain or you broke your leg, you could be prescribed opioids depending on a number of factors.

Unfortunately, many individuals have abused their opioid prescription after being given medication by a doctor. What we do know now is that around 25% of patients who have been prescribed opioids for pain will, in turn, misuse them. Around 10% will end up developing an opioid disorder. The thing about opioids is that they're hard to get if you are not given a prescription.

If you don't have a prescription or medical coverage, they'll also be highly expensive. What ends up happening is that some individuals might turn to a cheaper, more accessible alternative. In this case, the alternative is often heroin. Heroin isn't just addictive like chocolate or coffee. Your body depends on heroin to the point that you become ill without it. Heroin can cause heart problems, can destroy your teeth, and basically kills you with each dose taken. Those who suffer from heroin addiction find that it destroys their lives. After the few who manage to get sober after completing a treatment program, it's still hard to resist this drug. Many individuals will go back to taking heroin and can easily overdose. They will become used to a certain dosage that used to get them high. Their tolerance is lowered, so after treatment they will take the same dosage they did after the addiction started and overdose.

Around 5% of those who misuse opioid prescriptions will turn to heroin use. In fact, 80% of heroin users started by misusing prescription drugs. That means that at any given time, four out of five heroin users started with a prescription to opioids. This is an alarming rate. When you look at that 5% of people who misuse opioid drugs that turned to heroin, that doesn't seem as big of a deal. It's only 5%, right? But when you look at it as 80%—four out of five individuals—whose use heroin started with an opioid, that is alarming. We often think about things like alcohol or marijuana being a gateway to harder drugs. Who would have thought that the medication a medical professional gave you was that actual gateway into severe drug addiction?

Every day, 130 people or more will die in the United States because of opioid overdose. This is a 2019 statistic. This isn't something that we gathered quickly. It is a factual reminder of the crisis that we are experiencing. Over 1500 people die from

heart disease each day and that is the leading cause of death in the U.S. One hundred and 1,500 seem like different numbers, but when we're talking about innocent lives lost, it's not as much of a difference.

Still, 130 people dying a day from opioid is rather alarming. Again, an herbal remedy is not necessarily a replacement for all medications. When it comes to something like a simple backache, you shouldn't turn to a highly addictive medicine first. There could be an alternative.

The thing about herbal remedies is that we do need to treat it as an alternative and not a replacement. Perhaps one day we will live in a society where all medicine given is a blend of herbs. Most medicines started by being derived from a plant anyway. The chemical combination has changed drastically, but still, there are derivatives found in herbal medicine that are still used in modern medicine.

## **Alternative Medicine Statistics, Research, and Evidence**

We need to have research and evidence to support herbal medicine and herbal antibiotics. One thing that is challenging to recognize about herbal remedies is that they're frequently lumped into a category of alternative medicine that aren't as easily studied or scientifically proven. For example, there's something that many referred to as Complementary and Alternative Medicine. It's a group of systems, practices, and different medical or health products that wouldn't be categorized in the conventional and modern medicine that we know now. This is a very vast group of practices that all get lumped together as the same thing.

Within this group are things like yoga, meditation, and prayer. While these things might work, depending on the individual, we have to recognize that something like legitimate herbal remedies next to something as prayer isn't as fair of a comparison to make. An herbal remedy and a blend of different substances is easier to prove as effective than somebody praying. That's not to say that praying or prayer is necessarily wrong to do because, again, that's certainly up to the individual to decide. You can't really prove that somebody's ailment was cured by prayer, but you would be able to prove whether somebody's ailment was cured by an herbal remedy. That's why it's hard to get herbal remedies in the forefront of medical research because it does get lumped into that sort of category.

A study conducted in 2002 by the government, 31,000 individuals were surveyed to ask about their complementary or alternative medicine practices. This was given by the National Center for Health Statistics. In the survey, many individuals were asked whether they used any alternative methods of treatment. What was discovered was that there were certain groups that were more likely to be involved with this complementary or alternative medicine. For example, groups of women, different populations, or those who have experienced hospitalization recently were more likely to be using alternative medicine.

What was revealed in this study was that 43% had used prayer as a form of therapy. Whether it was to treat something like neck pain, joint pain, depression, anxiety, or the common cold, 24% had used prayer from others. Only 19% how to use herbs. What we can take away from this is that only one out of five of the 33,000 individuals

surveyed had even used herbal remedies, and yet they still get lumped into this category of individuals who are using things like prayer, acupuncture, meditation or massage treatments.

Twenty-six percent of these individuals had been suggested to try this type of practice, but only 12% had actually gone to a medical professional to get a confirmation that they should be using this. Again, what we can take away from these alternative medicine statistics is that individuals aren't being prescribed these medicines so they're not in a controlled environment. Essentially, those who believe that herbal medicine is somewhat of a voodoo mysticism or religious affiliation can't necessarily be proven wrong because we are lacking so much information on the subject.

People aren't getting prescribed medicines that are herbal remedies as frequently, so we can't monitor if this is effective. Much of the use of herbal remedies is done on an individual level without proper monitoring. We can't discover as many factual remedies behind these types of medicines. That's not to say that it doesn't work because we don't have the statistics to prove it wrong. It's not that the information points to this not being real or manageable. It's actually just that the information simply does not exist. Again, this was a survey conducted in 2002 and only considered 33,000 individuals. Still, it is considered one of the most comprehensive surveys around the subject of alternative medicine. That's saying a lot about the research and effort that's put into these different kinds of methods.

We do still have a few more emerging studies that help us better recognize the way that herbal medicine is being used today. As recently as 2012, another study was conducted on 26,000 individuals who were asked about their herbal medicine usage. About one-third of them stated that they had used herbal supplements to treat a common ailment. It was also associated that the older an individual was and the higher level of education they had, the more likely they were to use herbal medicine.

In fact, we also know that the industry of herbal remedies has been rising. In 2012, the sales for herbal remedies exceeded \$5 billion. In 2013, that increased to around \$6 billion. This is an astonishing amount, but we also have to consider the hundreds of billions of dollars that is to be made in the pharmaceutical industry. At the same time, a lot of insurance will usually cover your medicinal things that are modern, but other herbal supplements will not always fall under what is covered by many insurance plans.

We do have these studies to consider and we do have information that provides us factual and logical evidence about herbal medicinal use. What we have to recognize as well is that this use varies among cultures. Back to that 2002 study we mentioned, groups like African-American individuals were more likely to use something such as prayer or herbal remedies than those of Asian descent.

These types of studies to help prove what medicine is better than others. There is a lack of documentation. The information that we do have presented to us is usually through conducted surveys. We don't have individuals who are going under trial periods of different medications where we can consistently monitor their health. For example, if you were to be given a blood pressure medication for a different experiment, you would have your information taken at the beginning of the



experiment. You would be told to record your symptoms, and you would present them to a medical professional. They'd probably monitor your health throughout the experiment as well, and then take it again finally at the end of the trial period to compare statistics. What happens with herbal remedies is that we usually gather information after the fact and we take it from individuals who report their own findings, rather than a medical professional who can give a different perspective on the subject. Again, all of this is not to sway, persuade, convince, or to exploit. The point of this is to consider simply the lack of information there is around alternative medicine statistics. Research and evidence shows that this could work, but we can't say for certain when we're lacking so much information. The best thing that you will be able to do is use it as an alternative, not a replacement, so talk to your doctor and seek out as much truth as you can from multiple sources. That is going to be most important for you in this process. You can't just take one individual experience and run with it. Even as you've seen in these surveys alone, less than 100,000 individuals were even surveyed. In any given big city, there are many more than just 100,000 individuals, so we have to consider how small this evidence can really be.

Consult with a medical professional and use your best judgment to ensure that you aren't going to hurt yourself in the process. Again, you don't want to overlook something more serious, such as HIV or AIDS, epilepsy and so on. When you have a chronic illness, or severe disease, then these are things that need to be discussed with the medical profession. At the end of the day, it's up to you to choose what kind of treatment you'll take, but make sure that the diagnosis and discussion is still there with a third party. You don't want to simply take things that you read and let this become a basis for the truth. There needs to be evidence, research, and factual statistics that help to discover the truth. That is what we have been providing you with in this book and plan to continue. It's not just somebody else's opinion. It's information that we've gathered from various sources that help us best understand what alternative medicine can look like.

Since information is still lacking, you do have to consider taking everything with a grain of salt, but at the same time, to pretend as though this alternative medicine is not legitimate is also not productive.

It dates back 5,000 or more years and other animals even use herbal remedies. Think about how many individuals aren't being surveyed or monitored that are completely fine with this use. Because of the lack of information, we can't make a definitive statement on one side or the other, we can just take the information presented to us and use it to the best of our abilities. Knowledge is like a tool. You can either use it to destroy something or to create something great. We're going to help you to create a great plan for your health so that you can avoid any dangerous or negative pharmaceuticals, instead putting emphasis on things that are going to help you in the long run.

## **Chapter 3:**

# **The Most Common Herbal Antibiotics That Work Like Magic**

Herbal Antibiotics are a wonderful substitute for synthetic antibiotics. They can be cheaper, more easily available, organic, and overall better for your health. However, it is important to remember that herbal antibiotics are not always a better medical option. If you have been prescribed something and wish to change to a more natural solution, speak to a medical practitioner about it. Although natural remedies are wonderful, your doctor did not complete his degree for you to ignore his prescribed medication and use turmeric for your fungal infection instead.

We are now going to go through the different forms of natural antibiotics that you can get.

### **Superfoods**

How satisfying is it to know that mother nature has provided us with ways to fight infection while having a healthy afternoon snack?

There are some super foods that literally heal you from the inside out. These super foods are normally better eaten raw as they lose many of their antibacterial properties when cooked or heated up.

Things like juice fasting can also help clear out your system. Unfortunately, there are also some favorites like dairy and refined foods that are best avoided when trying to stay away from infections.

### **Healing Herbs and Savvy Spices**

They not only add some flavor to your dishes but also give a good punch to bacterial infections. Herbs and spices have been used for years to treat all types of infections. We no longer mix herbs and spices to create paste to help treat wounds, but this does not mean some of the natural elements are not still used in creams and ointments to help treat infection and speed up healing processes. One thing that hasn't changed over the years are herbal teas, and without an improvement, they still taste great. Some old methods still work wonders.

### **Pills and Capsules**



Herbal Antibiotics can be taken in a pill form. Although consuming natural antibiotics like garlic in its raw form is best, if you really can't handle the potent taste in your mouth for the rest of the day, you can easily purchase garlic capsules. For another example, cayenne pepper is an excellent remedy for sinusitis, but it is not suggested to be used by those who aren't fond of a bit of a burn. Instead of dealing with some flaming tears, you can just purchase cayenne pepper in a capsule form. Of course, capsules will cost a bit more, but they work just.

You can also find pills and capsules with different mixtures; it depends on what works best for you.

## **Essential Oils**



Although not meant to be ingested, essential oils are excellent for treating any type of exterior infection and getting rid of dangerous bacteria. Extracts have been used for centuries to fight off bacterial infections and essential oils are not only an excellent health remedy, but they also smell great.

Essential oils can be used to treat skin infections, help heal minor burns and can even be used to ease the symptoms of urinary tract infections. If you are highly sensitive to different creams, essential oils may be a healthier and better option for your skin than normal antibiotic creams.

## **Most Commonly Used Herbal Antibiotics**

All of these common herbal antibiotics are easy to access. Edible herbs and spices are best sourced at an organic market, if this is not possible, your local supermarket is sure to stock them.

Essential oils, natural antibiotic pills and capsules are found at most pharmacies and can also be purchased from health shops. If you are not sure about what is best for you, consider consulting a homeopath. Purchasing online is a great option and can sometimes work out cheaper. Just take caution and make sure you are purchasing a known brand from a trusted supplier.

There are many different brands of herbal vitamins and supplements, but sometimes dosing yourself on every second natural remedy is not the best idea. Be careful about what you are taking and make sure there's an actual need for it.

## ***Garlic***

Garlic is a type of herb that is related to the onion family and if you enjoy cooking, there is no doubt you've used it before. Garlic is originally native to central Asia but is now grown and distributed globally. Its curative abilities have been used through the centuries and used amongst many cultures.

Garlic contains a chemical compound called allicin that is released when garlic is chopped or crushed. Allicin helps to treat inflammation and has other antioxidants that are beneficial to the immune system. Therefore, garlic is best consumed or used when raw. Chopping garlic and leaving it to rest for approximately ten minutes allows the enzymes in allicin to react.

Instead of just trying to munch a raw clove of garlic, add it chopped to your salads, pasta dishes, or even soups. If you can't bear the strong taste, you are able to purchase garlic capsules or oil. You may find the capsules combined with other herbs such as parsley.

You should not exceed two cloves a day. It can be used on an ongoing basis or to give yourself a bit of an immune boost when suffering with the common cold. Garlic also helps with:

- Reducing blood pressure
- Detoxing
- Lowering cholesterol levels

Do not use garlic as an antibiotic if you are on blood-thinning medication. Consult your medical practitioner first as large amounts of garlic can sometimes cause internal bleeding.

## ***Raw Honey***

Honey has been used as a natural antibiotic even before the times of the famous Greek philosopher Aristotle, 384 BC. It's not only a healthy way to ease your sweet cravings but it also contains many antibacterial properties. Raw honey is one of the oldest natural antibiotics and aids in treating different types of wounds such as burns and ulcers. Honey is also useful to treat:

- Digestive issues.
- A sore throat.
- Preventing fungal and bacteria growth.

If you are considering using honey as an antibiotic, note that it should be raw and from a trusted producer. Raw means that the honey has been unpasteurized and that it is still in its original form. Most brands of store-bought honey have been pasteurized, which means the intense heat used during the process has destroyed many of the honey's natural benefits.

Honey is only found in its natural form but can be found infused with different herbal teas. You can use it to treat internal and external infections. You can ingest honey by

simply swallowing a teaspoon full or add it to a hot cup of tea. Mixing honey, lemon, and ginger and swallowing a teaspoon every time you cough is an old folk remedy for treating a sore and scratchy throat. It not only works but is also healthier and tastes a lot better than normal cough syrup.

There is no limit to how much raw honey you can consume but should still be used in moderation. Honey is not safe for children under the age of one or diabetics due to its high sugar content.

## ***Ginger***

Ginger is a flowering plant that grows up to a meter tall and was first discovered in China. The plant itself is not used as a spice but rather the ginger root, also known as rhizome. Ginger has a low nutritional value but contains natural antibiotics that aid in fighting off certain bacteria. It is one of the most flavorful and healthy spices out there, getting its strong taste from one of its natural oils called gingerol.

Gingerol contains anti-inflammatory properties and can help cure the flu and help indigestion, it is also useful for:

- Seasickness
- Nausea
- Helps to lower blood pressure

Ginger is excellent for women suffering with morning sickness or menstrual cramps or any other muscle pain. It may not have an immediate effect on those who suffer with muscle pain but can reduce discomfort over time with daily use.

Ginger can be found in a capsule, oil, and a powder form. It is excellent both fresh and dried and can be added to many different dishes as well as add flavor to juice. Like honey, it is also excellent in tea. Fresh ginger stores incredibly well, so if you buy in excess, just wrap it up in some paper towels or even newspaper and it should keep for just over two weeks.

There is no limit to how much ginger you should consume in a day, but the recommended amount is approximately 1-2 grams.

## ***Echinacea***

Echinacea is a type of plant that is part of the daisy family. Its origin is traced back to the United States but is now also grown in parts of Canada and Europe. Echinacea is considered an herb. The whole plant is used to produce medicine, from the roots to its beautiful purplish-white flowers.

Echinacea can be used as a replacement for antibiotics and should not be used on a continuous basis. It is an excellent immune system booster and helps to treat infection. It is also useful for:

- Ear and throat infection
- Urinary tract infection

- Slowing the body's metabolism

This herbal antibiotic is available in tablets, drops, and teas. The drops are the most commonly used and most effective. Although, for a bit of advice, echinacea is not the best tasting natural remedy out there, but it does work like magic.

The suggested dosage is one to two milligrams, or two to three milliliters taken three times daily. If you have any plant allergies, consult a doctor before using any form of echinacea.

## **Goldenseal**

Goldenseal is a type of herb that received its beautiful name from the yellowish scars that cover the stem of the plant. It is related to the cheerful buttercup family and is found in the United States and the woods of Vermont. The root of goldenseal is dried and used to make a medicine that helps to treat digestive issues and any stomach problems. Goldenseal contains berberine, which is a chemical that fights certain bacteria and fungi. Goldenseal is also excellent to treat:

- Stomach Ulcers (internal bleeding)
- Hemorrhoids
- Improves appetite (used in cases of eating disorders like anorexia)

One common misconception is that goldenseal helps hide any traces of illegal substances in urine samples. This is not one of its uses as there is no scientific proof to back up this myth.

Berberine is not safe for infants, during pregnancy, or breastfeeding. It can also cause interference with prescribed medication, so take caution and consult a doctor.

Goldenseal is found in teas and pill form. The recommended form to take is a capsule as many of goldenseal's healing properties are not absorbed properly when absorbed orally. Goldenseal is also used to treat open wounds, rashes, and cold sores. Some even use the tea as a mouthwash or to treat eye infections. The recommended dosage is 250 milligrams two to three times daily.

## **Cloves**

Cloves are not only an ancient spice used for tasty pot roasts but have also been the main cure for toothaches for centuries. Cloves are the dried flower buds from a clove tree and are native to Indonesia where half of the world's cloves are produced.

Clove oil is normally directly applied to the gums or tooth to relieve pain and has a sharp and unique taste. There is a chemical called eugenol that is found in clove oil; this is what gives cloves its healing and antibacterial properties. Clove oil is also used for certain cosmetics, soaps, and even toothpaste.

Cloves are normally whole but can also be purchased in powder and in oil form. Other than for dental care, cloves also help for:

- Rashes and itches



- Stomach pains
- A swollen or scratchy throat

Cloves are completely safe and there are no real side effects to using it. Pregnant women have no reason to be worried about ingesting cloves or using the oil for any dental issues. It is, however, best kept away from infants and should not be used on babies during teething.

## ***Oregano Oil***

Oregano is an Italian herb that adds some extra flavor to any dish. Oregano does have many health benefits as a tasty herb but when the plants extract is used to make an essential oil, you have yourself a little bottle of healing magic. It was first used in Europe but is now one of the most common herbs and is related to the mint family.

Oregano oil is pumped full of antibacterial properties and antioxidants. Two of these powerful compounds are called carvacrol and Rosmarinus acid. Carvacrol aids in preventing bacteria from spreading while Rosmarinus acid is a strong antioxidant.

This powerful essential oil not only helps to reduce inflammation and fungal growth, but it also helps to:

- Lower cholesterol
- Help with an upset stomach
- Getting rid of candida

Out of a number of herbs tested, oregano has been proven to contain the highest number of antioxidants. It has almost thirty times more healing power than your other common herbs like parsley or basil. Fresh oregano is just as good for you as its oil; however, oregano oil is more concentrated and likely to show better results.

You can purchase it dried, fresh, in certain pills, and as an essential oil. There is less than one percent of people who have experienced skin irritation from oregano oil and it is safe for everyone to use. Dosages differ from person to person. It is best to only use one to three drops daily if you are using it to cure a specific ailment and should not be used for longer than two weeks.

## ***Eucalyptus Oil***

From the continent of Australia, eucalyptus is not only a koala's main source of food, but it is also one of the best natural medicines out there. The strong but soothing smell of eucalyptus oil is an excellent remedy for a stuffy nose or closed chest. You can either rub the oil directly onto your chest or put a few drops in a bath of hot water and inhale the fumes. Note that if you are going to be using it on your skin, be sure to dilute it as it will burn and dry out your skin.

Eucalyptus oil is something everyone should keep around the house and can be used daily for external use. Have a nasty pimple that won't clear up? Rub some diluted oil on the spot and it will clear up in no time. Other common uses of eucalyptus oil are:

- Disinfecting wounds
- Mouth ulcers
- Easing the pain from aching joints

No more than three milliliters of eucalyptus oil should be ingested in under 24 hours. It can cause extreme symptoms and can even be fatal. It is safe for pregnant women and for young children as long as it is diluted correctly. So, keep a bottle around for in case you get a small cut that needs to be cleaned or for minor skin issues. Just be cautious when using it for mouth ulcers or any other use that may cause you to ingest small amounts.

## **Chapter 4:**

# **Else Wants to Strengthen Their Immune System?**

Your immune system is one of the most important parts of your body. Of course, your brain is essential in helping the rest of you function, your heart pumps blood everywhere throughout your body, your lungs enable you to breathe, and your stomach makes it so that you can eat food and process it correctly.

However, your immune system is what protects all of this. If we did not have an immune system, we would be much more susceptible to various illnesses and chronic diseases. Even something as simple as kissing another person could put you at risk for serious and potentially fatal condition that your immune system blocks you from. Even something like the common cold could be a death sentence if you do not have a proper functioning immune system.

Most of us will go throughout our days without even thinking about the incredible thing that our body does to protect us. For example, think about how you might go to the grocery store. Maybe you take public transportation and you get on the bus, you pull out your money, which has been touched by hundreds of other people, slip it in the bus and go and sit on the back where hundreds of people have also been sitting and touching. These people might be picking their noses, wiping their mouths, and coughing into their hands, rubbing it all over the seat. Then you go to the grocery store and you get a cart that has been touched by hundreds of people. You walk around the store and you pick up food. This food that could have been touched by other individuals. These people are all coughing. They're all touching their faces. They're passing around saliva and germs without even realizing it. Then you go home, you get some meat, you open up your package of raw beef and you start to cook it. There might be cells and germs in the raw meat that you pass around your kitchen.

All of these factors are so simple and everyday things we don't even think about. You don't think about how pulling a \$1 bill out of your wallet could mean exposing yourself to plenty of germs. Your immune system is going to be the thing that helps protect you and enable yourself to continue to live a strong and happy life despite every sort of potential risk that you expose yourself to. In this chapter we're going to help you best understand your immune system, while also providing you with immune system boosters and herbs that help strengthen your overall immune system.

## **Understand the Immune System**

Your immune system is made up of a complex system of different chemicals, organs, and various cells that help to ensure all microbes are defended against. These microbes are various infections that could cause different parts of your body to experience negative side effects

On a cellular level, we have a system of record keeping within our body that keeps track of all infections or microbes that we have ever come in contact with. Your cells will take note of the methods needed to defend against these mechanisms so that if they're presented to you once again, you will know exactly how to defend against them.

This is done on an individual level within your body, meaning something that your body defeats on its own, it will be able to defend against again. But if you do use any sort of other aid in this process it means that your body might not be able to defeat it a second time. For example, if you have a cold that you pass to a friend who passes that to a friend of a friend, and so on, it could find its way through other people and back to you. If that cold comes back around to you eventually, after you've already defeated it, you are less likely to experience that cold again. If, however, you come in contact with something serious that sends you to the hospital, where you are prescribed antibiotics, it's easier for your body to defeat on its own since it wasn't able to the first time. If you come in contact with that again, you'll likely need to go on another round of antibiotics since your body had something that aided in the process of healing and wasn't able to do it on its own. This is important to understand because some individuals will believe that just because they got sick once means they can't get sick again. That could be the case if your body is able to fight it on its own, but if you use medicine to aid in that process then that won't be true.

Moving on, let's discuss the different parts of the immune system. These parts include different cells are the way to entire systems within your body. The first thing that you need to consider are white blood cells. These come from your bone marrow and are considered to be inclusive in your lymphatic system.

We have white blood cells all throughout our body in every part of the tissue and in your blood. You have these cells that are ready to fight off anything for it and whether this is a bacteria, virus or something extreme like a parasite, then your white blood cells will recognize these things and be able to protect against them. Your white blood cells are basically like the guards of your body. They're these little guys moving all throughout and anytime there's an intruder or a villain, they will start an attack.

If the attack is serious, then it will trigger bigger parts of your body like your entire lymphatic system to fight this off.

Think of how whenever you get a cut, you might see blood, but then eventually you see the sort of white pus that comes out. This is your body's way of fighting off infection. It seems gross, but really it could mean that your body is healing. When that pus starts to turn green or yellow, then you understand that this is an actual infection. That means it might be too hard for your body to be able to fight off on its own. This is when you would consider using an antibiotic to ensure that your body doesn't get too infected.

Even if you do have an isolated infection somewhere such as on your toe, that infected microbe could spread throughout your bloodstream, making it harder for your body to fight off.

We have an incredible defense system in our bodies, but at the same time, we're not completely immune to everything. Next, within your immune system are antibodies.

These are inclusive of all of the cells that actually do attack once the white blood cells trigger that it's time to put up a fight. Then you have your complement system, which also includes different cells and these are there to aid in the attack that your antibodies launch.

Next and most importantly, is your lymphatic system. Your lymphatic system is a network of different tubes. This series of tubes spreads throughout your entire body. What it does is ensure that your fluids throughout your entire system are functioning properly.

They will make sure to always attack any cells bacteria and viruses that are potentially harmful to your body. When we talk about the lymphatic system, we have our lymph nodes that we need to consider. We also have our vessels and white blood cells that make up the lymphatic system.

You have lymph nodes in your armpits. You also have to consider the rest of the part of your lymphatic system. This would also include your adenoids, your tonsils, your thymus, your spleen, your thoracic duct, your Peyer's patch, your appendix, and your bone marrow. All of this is important for defending your body against potential attacks. Your spleen is important because it's a filter that helps ensure your damaged cells are being processed out along with the different microbes that are being destroyed.

Your bone marrow is where your blood cells are produced. Whether it's your red blood cells or the white blood cells that help fight infection or carry oxygen throughout your body, this, as well as platelets for clotting are all created within your bone marrow. The thymus is helpful in monitoring your blood, as well as producing a different kind of white blood cells.

We also have to consider the extra things built into our body that help fight off different infection. Think about how your skin protects your entire body and makes sure that even if you do contact come in contact with a microbe, it doesn't even make it into your body in the first place. When your skin is damaged, then you are more susceptible to various microbes attacking your body. For example, if you are covered in mud right now, you will probably be able to take a shower and be fine. If you are covered in cut and uncovered in mud, that would be bad because it would seep into those cuts and get into your bloodstream.

Think of your lungs and the way that they are able to process and filter different microbes that might come into your body. The air we breathe can be toxic to us on a certain level. Think about airborne illnesses and how if you went into a hospital at any given moment, you might be more susceptible to certain diseases and illnesses. Your lungs filter things out, but your mouth and your nose also help to make sure that no microbes even get in. Of course, there are plenty of things that move past these kinds of systems and do end up causing us issues, but at the same time, these defenses are there in the first place to sort of make sure that we don't experience something so negative. Even things like allergies could be defended against by certain people with the proper immune system.

Again, your digestive stomach is better at processing certain things and fighting against various infections. Even think about the stomach difference between you and something like a cat or a dog. Of course, if you let your house cat out right now, that

will be different from a cat in the wild, but still consider how cats are able to eat raw meat and be fine, and yet if a human did that it would make us sick, and potentially lead to something like an E. coli infection or even worse. The different defenses within our digestive lining and our intestines help to fight against certain microbes.

Consider different bodily fluids. Think of how, if you were to go outside and pollen is flying through the air, you might cry and have tears streaming down your face. This isn't because you are sad; it's because your body is fighting those outside potential dangers that could be causing you allergies.

We also process waste, which includes things that are potentially harmful to our bodies. You urinate and defecate because your body's taking the bad things that it doesn't need, and it's pushing it out of your body. If you were to eat a completely healthy meal, that is consistent of only good veggies and whole grains, then you would certainly have different defecation than if you were to eat nothing but garbage.

Your body processes food differently because of the diverse potential dangers or benefits based in this food. This all helps to make up an important immune system.

## **The Importance of a Strong Immune System**

If you do not have a healthy immune system, it means that your body is a greater potential for getting attacked. Consider something like a bank versus simple store. If somebody were to want to steal money, they might not go and rob a bank because they know that there's going to be so many defenses around protecting that money. If they wanted to really steal money, then they might consider going to smaller convenience store because they know that it would be easier to steal from the register. Of course, a bank has a greater payoff but that's not really the point of this comparison.

A bank with a security guard and a heavily-locked vault, as well as cameras and various systems of protection, is harder to break into than something that has an open-door policy that anybody can walk into at any time and be inches away from the source of money.

When you have a weak immune system, it means that you will have a weaker protection of viruses and infection will be more likely to be able to attack your body. Think of an individual who is suffering from leukemia. Leukemia is a type of cancer of the blood in which your bone marrow is not able to produce all of the important things that we discussed. What ends up happening is that the body can be more sensitive to receiving different illnesses, which is why those who suffer from leukemia will frequently not be able to leave their homes, and if they do, they'll often be seen wearing surgical face masks to protect them from different microbes.

As you continue to expose your body to different microbes, as we discussed, they keep record of that so that they can fight them off later.

Think of something like an infant. If somebody were to just have a baby, you certainly want to visit them whether it's a sibling, a friend, a child, or whoever you might be close with. That mother is probably not going to let any random stranger walk up and hold their baby. If they do, they would probably also ask that person to wash their

hands and make sure to not kiss or really touch the baby too much. This is because baby's immune system is very weak. They haven't been exposed to as much and their body is also still developing, so they are more susceptible to certain things. A common cold for you just means having to call off a day of work and sit at home on the couch. A common cold for a baby can result in them being hospitalized.

A strong immune system means a stronger force against outside sources. This is why it is good to expose yourself to germs in some settings because you will be able to work through them. However, that doesn't mean that we should be covering our bodies with poop or dirt and roaming around never washing our hands. It just simply means that not everything has to be a sterile bleached environment all the time and that it is okay to go outside and get a little dirty. You can notice your immune system working in many different ways.

For example, getting a cold means having a cough and a runny nose. This seems awful, and it makes us sometimes feel like we're dying. Who hasn't considered if it's the end when they're lying there, unable to stop coughing, hacking up phlegm, constant runny nose, tears flowing, a headache, and just general feeling of terribleness.

This is actually your body's defense mechanism. It's not necessarily that you are being attacked and destroyed, but it's that your body is attacking these things to make sure that you don't have negative effects from that. When you have a cold or a fever your body is basically at war. That means that it's going to be fighting these things off and it's going to be a terrible time for you. Just think of a legitimate war in real life. It's not like that's a really fun and happy instance, but that doesn't mean that things are necessarily going to be terrible after the fact. When you experience the sort of war in your body, you'll have that extra running of fluids. You might have red inflammation. This is all simply a part of your body's attack against microbes that could potentially be more damaging to you in the end.

There are many factors that we might put ourselves through that can weaken our immune system. Of course, certain health ailments, as we discussed, such as leukemia, could be something that causes a weakened immune system. At the same time, we actually do physical things that could be potentially harming us.

For example, experiencing a high level of chronic stress could even cause a weakened immune system. When you are stressed, your body releases on hormone known as cortisol. This cortisol is important in helping your body be prepared for defense. Your heart rate increases, your muscles tense, and your focus is alerted toward the stressor.

However, chronic stress leads to an overproduction of cortisol in your body. This cortisol will actually fight off those white blood cells known as T-cells produced within your bone marrow. In the end, this means that you will be a greater defense for different ailments because of a weakened immune system. When you are constantly stressed, whether it's relationships, work or even something seemingly as simple as loneliness, you are putting your body under oxidative stress. This ends up causing damage to the free radicals within your body that fight off those microbes.



If you live a sedentary lifestyle, this could also put you at risk for a weakened immune system. Your body will not be functioning properly, so it won't be able to produce those important factors that create your body's defense. When we overload our bodies with high sugary food or fatty foods, this can also attack our immune system. White blood cells will be not produced as often, so it will be harder for our bodies to fight off infection. Other basic outside sources such as nicotine found in tobacco cigarettes or alcohol can also lead to damaged white blood cells, leading to a weakened immune system.

Don't let these things become something that causes damage to your body. You only have one immune system, and it's important that we are taking the best care of it possible. This is your body's defense. It's your warrior. It's your army. It's what will keep you protected from everything that you come in contact with. Do your best to ensure that you are not putting yourself at risk by exposing your immune system to anything that will damage it. Let's discuss now what herbal naturally occurring substances can help you to defend yourself against attack.

## **Herbs That Strengthen the Immune System**

There are many herbs that you can start adding into your diet that can help enable you to better regulate your immune system. One type of herb that you'll want to look out for an immune system boost is anything that is of a vibrant or rich color. For example, think of cinnamon or cayenne pepper. Both of these spices are great additions to many dishes for their flavor purposes. Aside from that, they have a strong flavor and bold color that helps enable you to give your body good antioxidants. These antioxidants will be helpful in reducing inflammation, as well as some of the negative side effects of your body fighting off different infections such as a runny nose or cough.

Spices like cayenne pepper also create a heat within your body that helps to soothe some of the pain that you might be feeling. It helps enable you to stimulate your blood circulation so that you are better boosting your overall immune system. When it comes to dosage for a spice, like cayenne pepper, obviously use it to taste in your food.

You can add it to different pasta dishes, salads, sauces, or soups, and simply add the amount that you think puts a good flavor in. In addition to this, you can start to take cayenne pepper capsules that will help warm your body. If you are somebody who struggles with constantly being cold, then you might start to include more cayenne pepper capsules in your diet.

You can also try other kinds of spicy peppers and black pepper to give the same kind of feelings. With the capsules, you'll want to start by taking one a week to see how it makes you feel. Ensure that when you do, you overload yourself with water so that you don't feel any of the sort of spicy effects internally.

If you are somebody who's very sensitive to spices and heat, you won't want to start with a capsule right away. Make sure that you just include smaller amounts. Some people like to put a quarter teaspoon of cayenne pepper into their morning glass of water with a dash of lemon because it can boost your digestive system and help to

soothe your body from the inside. Start with this, and gradually increase the amount of cayenne pepper you add each day. Eventually you can simply take a capsule but consider that it might also cause some issues with your breath or spicy burps.

The same can be said for cinnamon. These both will help to make sure that your blood is being regulated throughout your body and can even prevent blood clotting. Another important immune system boosting herb is oregano. Oregano helps to combat different microbes that enter your body. It is an antioxidant that will boost your immune system and is also rather easy to grow on your own. Whether you dry it out or serve it fresh within your dishes, it's a good addition to many different kinds of foods. When it comes to oregano capsules, this is something that you can consider using. Not many individuals will use oregano capsules and will instead turn toward the oil for usage. Oregano oil will be best to use to treat different fevers that you might be experiencing. They're also very beneficial for respiratory problems, so if you are struggling with allergies or a cough, then oregano oil could be something that you turn to.

If you are taking any other medicines and add oregano, that might play into how you feel. Those who have bleeding disorders might already be taking a medication can suffer negative side effects if they add oregano to these types of medications already taken consistently. Do not take oregano oil in addition to any medicines already being prescribed for these bleeding disorders. Also consider any allergies you might have to other herbs and similar families, such as sage, lavender, mint or basil. Oregano oil is not intended to be ingested. You can put it on your body externally as long as any purchase bottle gives you the okay to use it topically.

Don't ever put oregano oil directly on your skin. Instead, drop it a few drops based on your body weight into an already created mixture of a carrier oil. That could be something like coconut oil. Generally, you'll want to do about a drop for every 75 pounds you weigh, so if you are 150 pounds, two drops should be fine. At 250 pounds, you'll want to do probably around three drops, but anything over that stick to just three and see how you feel. It's still is best to start with one drop and then grow from there, depending on whether you feel any side effects.

Put the oil on your chest or your arms to start. The best method and suggested use for oregano oil is to put it in a diffuser or a boiling pot of water even, and expose yourself to the steam because it will be the respiratory system that you are most likely to treat.

The final supplement we want to discuss is elderberry. These are going to be the best capsules for you to regulate your immune system. Studies have proven that elderberry can improve different symptoms of fever, flu, and cold. What you'll want to do is check in with your symptoms and then decide what you would like to do with this herb. For example, a simple droplet of elderberry oil within a diffuser or a boiling pot of water might help to alleviate some symptoms of allergies or a slight cold. If you have something more serious like a fever or flu, then you should consider taking pills or capsules, as well as syrup made from elderberry. The difference between syrup and a capsule is the way that you take it. Some people are fine with swallowing a pill; others prefer a syrup that makes it easier to ingest. Generally, you want to start with 175 milligrams. This can be found in different lozenges or capsules. Start by taking it for

two days and notice if your symptoms improve. If they do not, you can try to take more, but never exceed the amount as directed on a capsule that you purchase.

What you have to consider, with all of these supplements that we've discussed, is that they are not always FDA approved. This means that they aren't regulated. There could be contaminants, or other substances not listed that could have negative side effects or cause harm. Before you purchase any pre-made capsules, always do your research and read reviews. Determine where it is created and what regulations might be in place for production to ensure that you are not exposing yourself to any risky chemicals or substances that aren't initially listed.

## **Immune System Boosters**

There are many herbal supplements and essential oils that will enable you to create a stronger immune system. This section is going to cover blends that can boost your immune system daily.

One immune system boosting supplement that you can start to take is a bitters concoction. Bitters is something that can be used for an immune system booster. That is basically a tonic created from various herbs to give you the perfect blend of something that will help your immune system. This tonic can be consumed once weekly, and from there you can start to increase it based on its effects. It's always good to start with once a week just to see how your body might react. If after a week you don't notice any differences and you feel fine, up it to two or to three, until you are taking this consistently to help overall boost your immune system. You don't want to overdose yourself because then this will mean that in the long term, it's not as effective, and you certainly don't want to become dependent on any substances. At the same time, this tonic is filled with very powerful antioxidants that will enable your body to fight off infections. It also provides you with antibacterial substances that makes it easier for your body to come face-to-face with different microbes. What this recipe includes is starting with a tablespoon of honey. Mix this honey with hot water so that it dissolves. Then, add one ounce, each of astragalus root, angelica root, and chamomile.

You will also want to add a teaspoon each of ginger, cinnamon, and cardamom and on top of that, it's best to add a few ounces of alcohol to help blend and diffuse all properties. It will take about two weeks for this to all dissolve and blend together, though four weeks is recommended as well because it helps make the concoction stronger.

You'll want to shake these ingredients together daily for those two weeks that you let them sit in a mason jar. You'll want to start by taking it through droplets, and you can do that for a couple times a week initially and increase that as you go. Add the droplets to tea or take it directly. If you are pregnant or breastfeeding, do not take this because it will have alcohol and angelica root is not recommended for those who are pregnant either. Honey and ginger are great antioxidants, so if you can, simply add these into your daily life generally. That alone can help give you boosting properties needed to create a powerful immune system.

The best recommendation for this bitters mix is to use it during the cold and flu season. You'll be able to boost that immune system inside of you to make sure that you are defending yourself against potential threats.

Another mixture that will help boost your immune system is echinacea. This is also known as a coneflower and is a powerful herbal remedy that aides in proper immune system functioning.

You should easily be able to find echinacea at any store that has a wider selection of teas. Of course, if you go to a quick convenience store, they're not likely to have it, nor a pharmacy. That doesn't mean that they definitely won't, but if you are looking to purchase this tea pre-made, you will want to go to a larger supermarket to have a bigger selection of various teas. Since it is a tea, you can drink it daily. Have as much as you want of this, and also consider blending it with other immune boosting herbs. For example, you might make a cup of tea and add in a few droplets of the bitters we just discussed. You could include more honey or ginger or cinnamon to your liking. Simply doing this on a consistent basis can be enough to take your immune system from what it is now to a place where you can easily defend against common colds. If you are somebody who works with the public and especially children, you are at a higher risk of passing around more germs. If you are a schoolteacher, somebody who works at a grocery store, or just any place where you are going to be coming in contact with a lot of germs, you need that extra boost in your immune system. You don't want to ever doing something bad for your body that could damage your immune system because you never know what bacterial or microbes you might come in contact with.

## **Chapter 5:**

# **Little-Known Ways Herbal Medicine Can Help Common Ailments**

Many individuals will be lucky enough to never have to experience something as devastating as a chronic illness or cancer in their life. However, that does not mean we will always be free from all health ailments. Before reaching for a pill or serum that falls into the pharmaceutical category when you are ill, consider the herbal medicines that can help these common ailments first. Not only will you be doing something good for your body, but you are also giving yourself the chance to save some money and a trip to the hospital or doctor's office!

### **Herbs for Pain Control**



Nobody ever wants to have to deal with pain in their life. Whether it's a cold sore that is uncomfortable, chronic headaches or muscular pain, there are herbal remedies that can alleviate these feelings. One thing that we have to understand about pain is that it is a signal from our body that something is not right. Sometimes pain is simply because we have a wound that's healing. Of course, if you cut yourself or you do have something like a cold sore, then this is going to be painful because your body is working to help alleviate the symptoms of that condition. In addition to this, we might experience pain seen through something like a headache. A headache is another sign that something might be wrong. You might be stressed, dehydrated, or experiencing a cold. If you aren't sure what the reason of your pain is then consider if it's something underlying. If you have muscular pain, it could be that you over exerted yourself yesterday and you feel the effects now. Maybe you bumped yourself and hit that part of your body. Or perhaps you slept in wrong way, and you will cause some muscular pain. Whatever it is, do not ignore the cause of the pain, but remember that sometimes we will simply experience these uncomfortable feelings as our body heals itself.

There are a few common remedies you can use to alleviate some of these feelings. The first and most common way to alleviate pain is with lavender. Lavender has properties within it that help with inflammation and pain relief. The best method to use lavender is through an essential oil. Put a few drops into your essential oil diffuser when you have a headache and you can discover that this helps to alleviate that feeling. You should also consider purchasing a topical lavender oil that is safe for skin use and mix it with any basic lotion or oil carrier that you might use. You can rub it on the affected area. If you go for a run and discover that your legs are now sore as your muscles grow, you might turn to something like ibuprofen to alleviate that pain. Before you turn to these medicines consider a few drops of lavender oil and what it could do for your body. Another herb that can be very beneficial for you to alleviate some of that pain is the use of cloves. Cloves can also be used in oil as well as a supplement. What you will want to do with these clothes is mix them in with a topical treatment for pain. You can also up the cloves that you might already be using and food. Some individuals don't like the taste of cloves, so this is when you would want to use it topically for you to alleviate some of that pain. Ginger is another great supplement that will naturally help you alleviate painful feelings. For ginger, what you want to do is use it raw and add that to some food. You can put it into a smoothie or any other dish that you might be eating. This is something that you will want to use to help alleviate pain. You can also get some ginger supplements. When taking supplements, ensure that you only take one per day as the pain persists. You can use more if it says so on the bottle of the supplements you purchase, but if you are creating your own only take one dose, a day. This would be two grams. We'll have a more comprehensive layout of the actual dosage needed in the back of the book. Only take it as the pain persist because after the pain is gone, then you don't want to overload your body with this ginger. Turmeric is another herb that can be helpful with pain relieving.

It does have a strong flavor so just like ginger you can blend it in with something that would mask the taste. But other than that, again, you could take two milligrams a day as the pain persists. You can buy these supplements easily, but you also want to consider the length that you might be taking them. Some people will take them for up

to four weeks to help alleviate some pain. Again, out of all the supplements, make sure that you are not overlooking the cause of the pain first, and now you are only alleviating something that is discomforting you that you know is not because of a more serious underlying condition.

## **Herbs for Healing**

Healing is something that we all need to do, and it can be hard because sometimes that means experiencing pain. One thing that you will experience through healing might be inflammation. Inflammation is your body's defense mechanism against certain things that might be presenting outside threats. Think of the last time that you cut yourself. This cut might get red and inflamed around the opening. This is because your body is doing its best to send those defenses to fight off any microbes that might be coming in to cause your body harm. At the same time, inflammation can happen internally and causes pain. If you experience joint pain constantly, or even suffer from anxiety or depression, this could be because of inflammation that exists inside of your body. Those who have digestive issues and struggle with stomachaches might also have inflammation. A good rule of thumb for anti-inflammatory properties is to use something high in antioxidants. We already discussed the powerful benefits of turmeric and cayenne pepper, so another herb that you could consider is licorice. Licorice root can be consumed in food, but you can also take supplements, only take one dosage per day, and never exceed more than four weeks of licorice because it will have negative effects on your liver.

We also need to heal, by making sure that we aid in the process of removing bacteria from our body. Even if you have a small cut on your face, it could become infected to the point that it affects the rest of your body. You want to overload your body with those antibacterial properties to make sure that you are doing your best to defend yourself against infection. You want herbs that will destroy the growth of bacteria. This would include something like garlic, thyme, clove, and eucalyptus. We already discussed the healing properties of garlic, so let's take a look at Eucalyptus for antibacterial properties.

Eucalyptus will be effective in destroying some of the pathogenic bacteria that can grow within your respiratory tract. This is why many people will inhale eucalyptus diffused oil when they're feeling sick. That kind of menthol property in eucalyptus not only helps to release some of the tension and stress within your airways that might be restricting your breathing, but it destroys bacteria in that process. The best way to use eucalyptus oil is through a diffuser. Add a few droplets to the water that you are diffusing and let yourself breathe in. If you do not have a diffuser, you can also boil water and then add a few droplets. To make sure that you are really breathing it in, again ensure that this is something safe to breathe and that you are not purchasing something specifically for another reason. You can also diffuse it with a carrier oil to use it topically. You can put it on your chest to help relieve some respiratory issues. Make sure that you don't put it directly on your face because it could be too strong for your skin, since it does have those intense properties that helped to open up your airways.



## Herbs for Energy

When feeling like you are drained or tired, your first instinct might be to reach for a caffeinated beverage. Perhaps you also take supplements to boost your abilities to stay awake. Of course, getting the proper amount of sleep every night is the best option to ensure that you are not tired, but let's be honest, not everybody does that realistically. Instead of adding too many harmful substances such as sugary drinks or other pills to keep you awake, know that there are great natural remedies that you can use to boost your energy. These herbal remedies can help you ensure that you are supplementing your energy levels in a healthy and natural way.

The first is ginseng. You will often see this labeled as being in many energy drinks. For this reason, you might grow concerned as there is an issue with a high consumption of energy drinks. For the most part this is because of the intense level of sugars that could cause a debilitating crash.

Ginseng is an actual herb found in China that helps to heal your energy levels as well as have other positive benefits on your body. It boosts your stamina and helps your systems improve their overall immune function. The thing about ginseng is that it will have negative side effects when mixed with many medications. Consider taking this supplement before you start to add it with other medications already taking. This is especially true for those who suffer from depression, as well as diabetes and take medication for those specific treatments.

Don't take this with caffeine either. Wait until later in the day, and don't consume it with alcohol if these are substances you've already had in a day.

This is a supplement best taken in pill form. You will only want to take it once a day or as needed for energy. Don't become dependent on this for your use of energy and try to make sure that you monitor how much you are taking it. Always follow the directions on any bottles purchased for this supplement.

Another one that you can use for energy is ashwagandha. Ashwagandha is a great herb that helps boost your energy. The root of the plant is what is actually important in helping increase your stamina and strength. This root not only boosts your energy, but it also has anti-inflammatory properties and can even help you manage your stress levels.

You could have a sensitivity to this, however. If you struggle with foods that belong in the night shade family, such as eggplant, tomatoes or potatoes, then this might cause an issue for you. This is another one that you should take in supplement form, and again, try to limit your consumption and not let it become a daily additive. Instead, take it in moments that you might be especially tired or planning to be a little bit more lethargic than usual.

## **Chapter 6:**

# **How to Make Sure You Use Herbal Medicine the Right Way**

Though herbs are not as dangerous or as addictive as something like an opioid might be, that doesn't mean that there are certain precautions we still need to consider before taking these herbal remedies. The first and most important thing you need to remember is that we have to listen to the medical professionals. If somebody gives you a diagnosis and tells you what you should or shouldn't be taking, listen to them. Even though you might think you know better, or a friend of a friend that tells you to do otherwise, we still have to listen to the people who have studied medicine for years. Consider this as well as the other precautions we're going to be discussing in this chapter.

## **The Precautions of Using Herbs**

Don't substitute something that will provide your body with less medical aide than another medication suggested by your doctor might. For example, don't take a medicine just to alleviate the pain of an issue that you've been prescribed specific medication for. Perhaps you have extreme cramps due to endometriosis or PCOS. Don't just take an herbal remedy to help alleviate the painful cramps. Take something that helps you to actually manage that internal issue. This is especially true for extreme illnesses. Whatever you are prescribed, do your research on that. If it makes you cautious to take it for whatever reason, ask your doctor first about an alternate.

You can also present your doctor with your herbal treatment to see what they think. Of course, not all doctors might agree with you, but you still want to make sure that they approve (not necessarily agree) to your herbal remedy, and that it won't make your symptoms even worse.

When you do select pre-made herbal remedies, whether it's an essential oil or a pill bottle, make sure that you do your research on this product. Anything that is new is something to wait to use. You'll want to find trusted brands that have been around for a year or longer so that you can ensure this is something legitimate that will help you. It's best to purchase from a legitimate store rather than just online. You'd be surprised at the many loopholes some companies are able to jump through to sell their products online.

Something that has been regulated by the FDA will be even better. The FDA has their own internal problems that we need to be aware of, especially with the regulation of food. Just because something is FDA approved does not mean that it is healthy. However, if it doesn't even have the FDA approval, then you know that it is not being properly regulated. That doesn't mean that the actual substance is going to be bad for

you. It simply means that there might be other contaminants in place. For example, you might decide to start taking oregano capsules for immunity.

Oregano itself wouldn't be the thing that could cause you harm. It's the environment that this capsule is made in which could have negative effects on your health. You don't want to expose yourself to potential contaminants that make their way into your food and products. You also want to ensure that it's been treated and created in the right way. There are many regulations and tests done on products to ensure that they are not used with fillers or other additives that reverse the positive side effects.

If you are pregnant, breastfeeding, or if you are treating a child, you need to especially ensure that you do your research. Especially when you are pregnant, it is important to listen to your doctors. Consult in a midwife as well if you are choosing to go this route.

Always get the opinion of a pediatrician before treating your children with herbal remedies. You want to ensure that you are doing your best to not ever give your children something that doesn't help them in the end. When doing dosages for children as well, you want to make sure to always check the bottle. If there is no label for a child's dosage, then it might not be considered safe for children.

Whenever trying out a new herb, you want to give yourself a testing period.

Of course, if you constantly are eating a certain herb, then the likelihood of you being allergic to it is less, but you still want to give yourself that trial period to ensure that it doesn't cause you any harm. Whether it's an actual herb or an oil from the herb, you want to check how your body will react to it. To test this the best way, you can take a small amount of the herb and rub it on the fatty part of your inner arm below your elbow. This would be right where the crease is and a little bit lower.

If you do it directly on your wrist, the skin is a little bit thinner there so you might experience a more intense rash, though, that is where some people do suggest sort of testing that substance. It's also good to do it on a patch on your inner arm first to see how you'll react. You can simply take the leaf of an herb and rub it on your skin just a bit. Make sure that you don't contaminate this area and that you keep the rest of your body from touching that. If after a couple of days, you don't see any side effects, then you'll know that it is safe to use in the way that you intend to. The same is for oil. Never put essential oil directly on your skin. Always use something to dilute it first. This could be simply water, or you can use a carrier oil such as olive oil or coconut oil. Mix at least two tablespoons with each singular droplet of essential oil and place a very small amount on your skin. If it reacts okay, then you know that you can use this however you want. Ensure to never consume essential oils unless an oil explicitly states that you are able to consume it. Do not ever put it inside of your body. This is incredibly important to understand. That kind of concentration can be harder to process in your body, so you never want to put yourself through that.

Remember that you always need to keep everything as clean as possible. When you are creating a mixture of oil, you want to only use clean utensils and containers. Always keep everything completely sealed and in a cool and dry area. Don't keep things open without a lid because you never know what dust or pollen might fly into it. When you are storing oils, keep them out of sunlight. Too much heat can change the concentration, or the chemical makeup of certain substances so store it in a dry, cool

and darker place. Some things will be better when refrigerated as well, so consider this when storing certain items. Also ensure that when you have fresh herbs, you wash them thoroughly. You don't want to bring in any contaminants from the outdoors inside. Who knows what kind of bugs might have been crawling around it, if an animal urinated on them, or anything else that might cause them to be dirty. You want to wash them thoroughly and give them a chance to dry out just a little bit before using them in anything that you are creating.

## **Key Points to Be Safe**

It can be very hard to determine the dosage of certain herbs because there is no regulation around some substances. When it comes to determining your herbal dosages, make sure that you stay true to anything that's already listed on the products that you buy. Aside from that, you'll still need to know your own kind of dosage for homemade remedies.

Dosage will be determined by the size and weight of the person taking it. Obviously people who are larger are going to take more. You also want to consider fresh herbs versus dried herbs. Dried herbs are much more concentrated, but also, fresh herbs can still have a higher level of intensity.

Consider the other additives that you'll be using. Are you using a mixture of essential oils with a carrier oil or are you diluting an herb that you are boiling down? Any of these methods used will determine the dosage of the overall kind of herbal remedy that you'll be using.

The best approach is to do less than more. Give yourself that trial and error period and make sure that you are testing things before going full-fledged. You'll want to stick to once a week with treatment to begin with, and gradually increase it from there. A good rule of thumb is to stop after six weeks of treatment. If it's something like echinacea that we talked about earlier, then this is something that you might consider taking more on a daily basis but still consider giving yourselves breaks between so that your body doesn't become dependent on these kinds of substances. Again, even though it's not like an opioid, you still don't want your body to become immune to the positive effects. Give yourself these breaks after six weeks, but consider that with a lot of herbal remedies, you'll want to take for even less time than that. If you are taking a remedy for a specific reason, such as overcoming a common cold, then you won't want to be taking that for as long since you are specifically treating something.

Again, always talk to your doctor to make sure that you are being as safe as you possibly can. Whenever you are taking another medication, do not include an herbal remedy unless it has been passed by your doctor. Even something as innocent seeming as chamomile could negatively interact with some other drugs.

For example, if you are taking an anticoagulant, then this could cause negative side effects. If you are consuming a high level of chamomile. Something like St John's wort can have you experiencing more sensitive skin, and this could make you more susceptible to sunburn. Something like Kava could lead to liver damage or hepatitis if you are already struggling with kidney issues or problems with your liver. If you experience a heart condition, such as blood clotting or irregular heartbeat, ginger can

cause issues with that. It can also pose problems for those who struggle with their blood sugar.

Aloe is great topically, but at the same time, those who ingest it orally might discover that it also interacts with heart conditions. Whatever your condition might be now just ensure that you first do research on herbs that should not be taken with that condition. Protect yourself and ensure that you do everything within your power to be safe when using herbal remedies.

## **Side Effects of Using Herbs**

The biggest side effect that you'll experience is that any herbal remedy you take might have negative impact on the other medications that you are already consuming. If you have pre-prescribed medications that you are mixing with, then you might have negative side effects, so this is important to consider. Aside from that, as long as you are taking something that has been monitored by your doctor and approved by medical professional, then you will find that it's completely safe for you to take something without having too serious of negative side effects. Some common side effects might simply be that you experience a headache or gastrointestinal issues. Some of this is simply because you have introduced a new substance to your body that needs to be broken down. Aside from this, depending on the intention of the medication, you might experience lethargy or sleepiness depending on the specific medication.

Always consider how these side effects might affect your daily life and if it will be difficult for you to function because of them. For example, if you are starting a new herbal remedy regimen, you might want to do this on the weekend when you are not working in case you do experience something like a chronic headache or lethargy.

Aside from that, you shouldn't be experiencing too many negative side effects unless something deeper and greater is going on. Do your research on the herbal remedy or substance that you were taking to see what the side effects might be and if they will negatively impact you and your daily life.

## **Overuse of Herbal Medicine**

Is it possible to overuse herbs and herbal medicine to a point that it becomes unsafe for you? When it comes to herbal overdose, many people wonder if it is possible to overuse these medications. Just like with any other pill, if you overuse a pill or an oil, even though it has herbal derivatives, you could potentially cause an overdose within your body. When we're talking about overdose of your different systems, we have to consider that when you take a pill or an oil, it is a concentrated amount. Eating a handful of oregano leaves isn't necessarily the same thing as taking an oregano capsule. You have to consider the concentrated levels that are within these substances that you take. For that reason, you absolutely can overdose on these medications.

Whenever you purchase something pre-made such as an oil or pill, never go beyond the recommended daily amount. Just because it is seemingly innocent because it is derived from a plant, that doesn't mean there aren't other additives within that which could cause an overdose. And like we already said it is a higher concentrated level.

Never overuse or abuse the herbal remedies that you purchase that are pre-made. The same goes for creating your own capsules and oils at home. It might seem helpful to take more because you would think it would mean more positive effects on your body. That is not the case because our bodies still need to break down these substances.

Now when it comes to using fresh herbs or dried herbs, you can also overdose on these. It's just like a food and when you eat too much food, you could get sick. If you ate 10 apples in a day that is seemingly healthy since apples are good for you, but that's a lot for your body to process. We do have a limit on what we can take in because it does have to pass through our body. Your stomach, your kidneys, and your liver all help to make sure that the food is digested and processed correctly. If you are overloading that, then you can have adverse effects. You might discover that you are nauseous or dizzy. The way that you can avoid overusing herbs and herbal medicine is to never start out with too much. As said, go through a trial period and use a very small amount. Do gradual increases unless an amount is directly prescribed by a medical professional. Do not overuse it. Never go beyond what is on the label, and only stick to a small droplet or amount per day depending on the substance that you are using.

## Chapter 7:

# Build an Herbal Medicine Collection You Can Be Proud Of

Throughout this book, we have discussed with you many herbal remedies. In this chapter, we are going to create a more comprehensive reference for you. We have relisted some herbs that we already went into greater detail for, but we will repeat this for quick reference.

In addition, we have added newer and other remedies that you can also try if the main ones don't help you out. Again, we aren't going to go into the details of each of these and instead will list the most basic info so that you can come back and reference this whenever you need to.

There are so many more potential herbs for these uses, but we have given you the beginner basics. These are going to help create an incredible collection. Whether it's dried herbs, a fresh garden, capsules or an essential oil blend, you will find what you need in this chapter for a strong foundation.

Each herb can usually be found in all forms: freshly grown/dried/essential oil/capsule. We have provided you with the most common method of consumption, but by all means build your pantry across all forms. These herbs aren't used for that singular purpose either. Ensure that you are doing your absolute best to create a wide cabinet of herbal medicine.

As far as the precautions/side effects section goes, these are going to be inclusive of negative things only. This doesn't mean that these will be certain to have these side effects. It is just a warning that excess and unmonitored use could lead to this. Do your research on any medications you are already taking to ensure that nothing mixes negatively with each other? For dosage, we have given a general rule for how much to use but, of course, consult in your doctor before taking too much/not enough. Always test and reflect with each new treatment you decide to use.

## Herbs That Help With Immune System Function

These are herbs that will help enable you to boost your immune system. You will want to include these in your diet whenever you can. The stronger your immune system, the better it will be to fight off infection. During cold and flu season up your efforts to boost your immune system since you will be more susceptible to catching something nasty!

### ***Sage (Garden or White)***

**Recommended Form:** Leaves and stems, tea or tincture.

**Amount:** 1 cup daily, 4 daily cups maximum

**Duration:** As needed, especially during cold/flu season

**Precaution:** Do not have more than 3 cups of tea daily or else you might experience vomiting, rapid heartbeats, and even kidney damage or seizures.

**Tip:** Essential oil can also be diffused to help decongest.

**Side Effects:** Nervous system side effects when taken too frequently (dizziness/vertigo)

**Accessibility:** Most sage can be purchased fresh, and sage tea should be available at larger supermarkets. Sage essential oils can be purchased online as well, but be cautious of their intended use.

## ***Echinacea***

**Recommended Form:** Flowering tops and roots in tea

**Amount:** 1 cup daily, 4 cups maximum

**Duration:** As needed, especially during cold and flu seasons

**Precaution:** Too much echinacea can cause abdominal pain and there is a risk for allergic reactions.

**Tip:** Capsules are available for those who don't like tea. Only take one capsule a day.

**Side Effects:** Rash and diarrhea as well as vomiting is found in those who have an allergic reaction.

**Accessibility:** This should be available in most larger grocery stores for tea, and supplements are frequently found in vitamin stores.

## ***Garlic***

**Recommended Form:** Raw, added to dishes

**Amount:** At least one clove daily

**Duration:** As frequent as possible

**Precaution:** Don't overload yourself with garlic right away. It can cause an upset stomach.

**Tip:** If you don't like the taste, take a daily garlic supplement.

**Side Effects:** The worst thing about too much garlic is the smell of burps. Mix it with other food when eating raw to eliminate this risk.

**Accessibility:** Garlic is available at any grocery store and garlic capsules can be easily found in most areas.



## Herbs That Help With Pain

Whatever pain you are experiencing can be aided with an herbal treatment. If something hurts internally (headache/stomachache) you'll want to take an internal remedy. If you have muscle sores or issues with your skin, then a topical treatment might be a better route. For topical treatments, always test on a small patch of your skin first to avoid any negative side effects.

### *Ginger*

**Recommended Form:** Raw

**Amount:** Around 4 grams daily (less than 1 gram for pregnant individuals)

**Duration:** As needed for pain relief

**Precaution:** Too much ginger can cause an upset stomach, just as with garlic.

**Tip:** Ginger capsules are available, and you can take 1 per day for six weeks as needed for pain.

**Side Effects:** A high amount can cause heartburn or acid reflux.

**Accessibility:** Raw ginger is available at most grocery stores and you can purchase capsules online.

### *Lavender Oil*

**Recommended Form:** Essential oil

**Amount:** 2 – 5 drops at a time, 3 times maximum a day

**Duration:** As needed for pain relief

**Precaution:** Too much lavender for a headache can actually increase a headache because of the strong smell. Start with a small amount and work your way up.

**Tip:** Add lavender oil to lotion for pain relief, just ensure it won't mix with any harmful chemicals.

**Side Effects:** Lavender essential oil diffuser can lead to sleepiness, and topically some have had irritations.

**Accessibility:** Lavender oil is frequently found in health and beauty stores as well as accessible online.

### *Turmeric*

**Recommended Form:** Capsule (food as well but many people don't like the taste)

**Amount:** 1-2 capsules per day

**Duration:** As needed daily for pain relief

**Precaution:** It does have a strong and spicy taste which could cause painful burps or acid reflux/heartburn.

**Tip:** Start with one capsule every two days and increase, especially for those that aren't already consuming turmeric in their foods.

**Side Effects:** Some patients will have an allergic reaction or an upset stomach.

**Accessibility:** Turmeric as a spice is found in most grocery stores, but a capsule is likely needed to be purchased online or from a specific herbal medicine store.

## Herbs That Help With Anxiety

Whether you experience chronic stress or generalized anxiety, these herbs can help to relax you. Always consult a medical professional before adding anything to a medication regimen you are already on for your mental health.

### ***Chamomile***

**Recommended Form:** Supplement

**Amount:** 1 tablet daily, 500 mg maximum

**Duration:** As needed daily for anxiety

**Precaution:** Some have been known to have an allergic reaction.

**Tip:** This is a great tea and very popular in that form so a daily cup before bed can help calm nerves.

**Side Effects:** Upset stomach, hypersensitivity, and even vomiting for those with allergies to chamomile flowers.

**Accessibility:** Chamomile tea is available in most grocery stores, but capsules might be needed to be purchased online.

### ***St. John's Wort***

**Recommended Form:** Capsule

**Amount:** 1 300 mg capsule daily (two smaller doses is fine, but 300 mg max)

**Duration:** As needed for anxiety

**Precaution:** It will interfere with other medication already prescribed for anxiety/depression.

**Tip:** It is best for those that experience both depression and anxiety.

**Side Effects:** Dry mouth/headache/dizziness

**Accessibility:** This is harder to come by so an online store will probably be the best option.

## **Herbs That Help With Stomach Issues**

Whether you have an upset stomach, heartburn, diarrhea, constipation or some other digestive issue, there is an herb to help. Be cautious consuming something for the first time when your stomach is upset. The repeated use of any of these herbs can help create a regulation in your stomach to fight off negative side effects.

### ***Fennel***

**Recommended Form:** Raw or dried for seasoning

**Amount:** As needed/ to taste

**Duration:** As needed for an upset stomach

**Precaution:** Respiratory issues for sensitivities

**Tip:** Fennel is best paired with meats that you are seasoning.

**Side Effects:** Fennel can cause allergic reactions, such as rash or hives.

**Accessibility:** Fennel is found as a seasoning in most grocery stores

### ***Peppermint***

**Recommended Form:** Fresh/dried herbs/supplement

**Amount:** 1 supplement as needed for upset stomach

**Duration:** As needed for stomach pain (3 or more days of pain might warrant a doctor's visit)

**Precaution:** Peppermint has a strong flavor not everyone enjoys.

**Tip:** Peppermint tea can have the same soothing qualities on one's stomach.

**Side Effects:** Peppermint can have a menthol feeling, so heartburn and burning mouth might occur.

**Accessibility:** Peppermint tea is easily available (don't confuse peppermint with peppermint candy).

### ***Marshmallow Root***

**Recommended Form:** Capsule

**Amount:** 1 capsule daily for constipation

**Duration:** As needed to relieve constipation

**Precaution:** It can loosen stool, so depending on the intention it could cause diarrhea if constipation is easily reached naturally.

**Tip:** It can also be used for skin conditions.

**Side Effects:** It will affect blood sugar levels, so patients with diabetes or related issues should avoid this supplement.

**Accessibility:** It's not as commonly found, so an online store is likely the best option.

## **Herbs That Help With Allergies**

Allergies can be very debilitating, but many herbs can help. The thing to remember is that these herbs might not provide instant relief, but after a few days of treatment you can notice a difference in your reaction. If you are having an active allergic reaction whether it's to an animal or peanuts and you feel it is difficult to breathe or see, see an emergency medical professional to prevent something serious happening.

### ***Butterbur***

**Recommended Form:** Supplement

**Amount:** 1 capsule daily as needed for allergies

**Duration:** As needed daily for allergy relief

**Precaution:** Don't expect instant results—the buildup of antihistamines happens overtime.

**Tip:** This is for those who suffer seasonal allergies, not necessarily allergic reactions to internal substances or pet fur/dander.

**Side Effects:** You might experience itching or burning eyes.

**Accessibility:** This is harder to come by so an online order might be necessary.

### ***Carotenoids***

**Recommended Form:** Beta carotene supplements

**Amount:** 1 pill as needed

**Duration:** 1 pill daily during allergy season

**Precaution:** This is not a direct herb; it is a compound found in plant substances

**Tip:** This is great for use when exposure to the sun is going to be present as well.

**Side Effects:** Skin discoloration and joint pain are common.

**Accessibility:** Most stores that sell vitamins will have a beta carotene supplement.

## ***Nettle***

**Recommended Form:** Tea

**Amount:** 1-4 cups daily

**Duration:** As needed to reduce allergy symptoms

**Precaution:** This simply alleviates allergy symptoms such as sneezing/coughing/runny nose.

**Tip:** Growing nettle is a great option, but use gloves when harvesting as the leaves can sting skin.

**Side Effects:** Overdose can lead to hives or upset stomach.

**Accessibility:** Tea is common and found at most grocery stores.

## **Herbs That Help With Brain Power**

Some of us just need a boost of brain power to help us improve memory and overall cognitive function. These are herbs that you can add into your daily regimen to do just that.

### ***Ginkgo Biloba***

**Recommended Form:** Supplement

**Amount:** 40 milligrams daily

**Duration:** As desired based on intention

**Precaution:** Do not consume ginkgo seeds

**Tip:** This is best for blood flow to the brain and could prevent Alzheimer's/dementia.

**Side Effects:** Headache/dizziness

**Accessibility:** Supplements are found in most health food stores and many grocery stores.

### ***Lemon Balm***

**Recommended Form:** Tea

**Amount:** 1 – 4 cups daily

**Duration:** As needed for memory boost

**Precaution:** It could cause heartburn

**Tip:** Best for increased cognitive function when learning/studying.

**Side Effects:** Headache/painful urination/ nausea/wheezing

**Accessibility:** Lemon balm tea is found in most stores

## ***Ashwagandha***

**Recommended Form:** Capsule

**Amount:** 500 mg MAXIMUM

**Duration:** As needed

**Precaution:** Some have negative reactions, so never take without talking to a doctor first (especially those who are already on mind-altering drugs).

**Tip:** Best for those with ADHD/OCD/insomnia/lethargy.

**Side Effects:** headache/sleepiness/stomach ache

**Accessibility:** This is known for being more expensive but found easily online.

## **Herbs That Help With Infection**

If you are more susceptible to infection or you have a larger cut on your body, these remedies can help. If you have any sign of a serious infection, go to the doctor immediately to prevent it from moving to your bloodstream.

## ***Cinnamon***

**Recommended Form:** Dried for seasoning

**Amount:** As preferred daily to taste

**Duration:** As needed to increase antibiotics within the body

**Precaution:** Too much cinnamon can lead to indigestion

**Tip:** Add it to as many teas/foods as possible to consistently increase anti-inflammatory properties within the body

**Side Effects:** Too much cinnamon can harm the liver/cause ulcers

**Accessibility:** Cinnamon is found in any grocery store

## ***Thyme***

**Recommended Form:** Topical essential oil diluted with carrier oil

**Amount:** 1 drop per tablespoon of carrier oil (increase as needed)

**Duration:** Topically applied to area of infection

**Precaution:** If after 3 days there is no sign of healing the wound will require more attention from a medical professional.

**Tip:** This helps with scarring as well.

**Side Effects:** Test a small patch to avoid rash and never ingest.

**Accessibility:** Thyme is found in most stores, but essential oil might be found online or in a health food store.

## **Herbs That Help With Inflammation**

Inflammation can cause sore joints and an upset stomach. You might notice inflammation on your body. These herbal remedies are here to help you fight off inflammation and provide you with antioxidant properties necessary.

### ***Rosemary***

**Recommended Form:** Capsule

**Amount:** 1-gram daily MAXIMUM

**Duration:** As needed to reduce inflammation

**Precaution:** Do not take rosemary capsules when pregnant.

**Tip:** Fresh and dried rosemary goes great with many dishes—both sweet and savory.

**Side Effects:** Headache/nausea/dizziness

**Accessibility:** Fresh and dried rosemary is found in most stores and supplements can be purchased online.

### ***Green Tea***

**Recommended Form:** Tea

**Amount:** 1 – 4 cups daily

**Duration:** As needed daily

**Precaution:** Could cause heartburn/acid reflux if taken on an empty stomach

**Tip:** A great replacement for coffee for daily anti-inflammatory properties.

**Side Effects:** Highly caffeinated, so it could increase heart rate/sweating.

**Accessibility:** Green tea is found in any store that sells tea.

## **Herbs That Help With Reproductive Health**

Our reproductive health is important, not just for specifically reproducing. Include these if you struggle with fertility, low libido, or frequent infections. If you are taking any other medication or are actively pregnant/breastfeeding, consult a medical professional before adding these to your regimen.

## ***Maca***

**Recommended Form:** Supplement

**Amount:** 1 supplement daily (4 grams MAXIMUM)

**Duration:** As needed to boost libido/fertility

**Precaution:** Not recommended for those breastfeeding/pregnant

**Tip:** Best for helping increase libido and fertility for women and men

**Side Effects:** Not good for those with hormone or reproductive system conditions (PCOS, endometriosis, UTI, etc.)

**Accessibility:** It is found in many health food stores and is common in tea forms.

## ***Cranberry***

**Recommended Form:** Supplement

**Amount:** 600 mg daily (800 maximum)

**Duration:** As needed (especially close to menstruation for women)

**Precaution:** These don't work with treating UTIs that you already have.

**Tip:** This is best for those who are actively having sex and menstruating to prevent UTIs.

**Side Effects:** Upset stomach/diarrhea

**Accessibility:** Cranberry juice is found in many stores but be cautious of high sugar content (supplements are found in most grocery stores).



# Conclusion

There are a few steps to take next to ensure that your herbal medicine knowledge will be growing vastly. Never stop doing your research because although a lot is already known, we still have plenty left to discover about herbal antibiotics. As you can see already, you can start to find the solutions necessary for you to feel the relief needed from your various conditions.

Since this is a quick and shorter book, we have some recommended readings that can enable your knowledge to expand. Check out some of these recommended books on how to identify herbs and herbal medicine:

- *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use*
- *Llewellyn's 2016 Herbal Almanac: Herbs for Growing & Gathering, Cooking & Crafts, Health & Beauty, History, Myth & Lore*

These books on how to grow your own herbs and herbal medicine are helpful as well:

- *Grow Your Own Herbal Remedies: How to Create a Customized Herb Garden to Support Your Health & Well-Being*
- *Herbal ABC's The Foundation of Herbal Medicine*

You can check out how to make your own herbal medicine in these texts:

- *The Herbal Medicine-Maker's Handbook: A Home Manual*
- *The Modern Herbal Dispensatory: A Medicine-Making Guide*

These books are good for the history of herbs and how people have used herbal medicine throughout history:

- *The Untold History of Healing: Plant Lore and Medicinal Magic from the Stone Age to Present*
- *Green Pharmacy: A History of Herbal Medicine*

Remember above all else to allow a medical professional to also examine your issues. You are in charge of your own body so you will decide what treatments to use, but unless we have a medical background it's good to have a second opinion. It's not that you might choose the wrong treatment, but there could be an underlying issue or something else that is overlooked which could be causing certain symptoms.

All bodies are different not just because of age, gender or location, but because of our basic biological and chemical makeup. When something is incredibly serious, consult a medical professional immediately. These are some more serious issues that require emergency attention:

- Constant bleeding and inability to stop
- Fainting and sudden loss of consciousness
- Extreme shortness of breath
- Intolerable pain
- Loss of feeling

- Prolonged vomiting or diarrhea
- Unresponsiveness

Second opinions are good to get as well when you are unsure of how to medically treat something. At the same time, remember that not all doctors will be “out to get you,” or with the intention of pushing an expensive pharmaceutical on patients.

At the end of the day, you know your body and what needs to be done. Listen to your gut and do what is best for your health.

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